



Roasted Carrot & Snap Pea Salad

with Bulgur & Lemony Yogurt



30-40min



2 Servings

Knock-knock! Who's there? Spring! Spring who? Spring yourself from winter and enjoy this vibrant salad! Jokes aside, bulgur is an ancient grain of green wheat that has been toasted and cracked, which makes it not only super healthy, but also super quick-cooking. You'll love it!

What we send

- 2 carrots
- 1 red onion
- 4 oz snap peas
- 4 oz quick-cooking bulgur ¹
- 1 cucumber
- ¼ oz fresh mint
- 1 lemon
- 4 oz Greek yogurt ²

What you need

- olive oil
- kosher salt & ground pepper

Tools

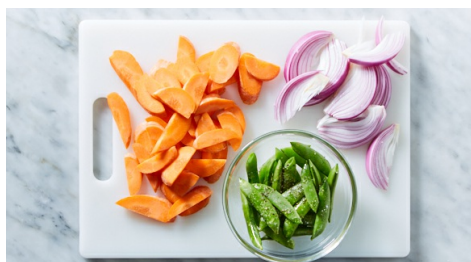
- rimmed baking sheet
- small saucepan
- fine-mesh sieve

Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 29g, Carbs 71g, Protein 16g



1. Prep vegetables

Preheat oven to 450°F. Trim ends from **carrots**, then thinly slice on a diagonal (no need to peel!). Trim ends from **onion**, then halve and thinly slice lengthwise. Trim stem ends from **snap peas** and toss with **1 teaspoon oil**, **¼ teaspoon salt**, and **a few grinds of pepper**.



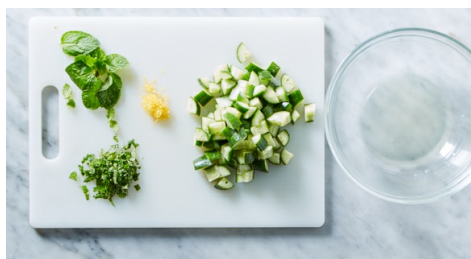
2. Roast vegetables

Toss **carrots** and **onions** with **1 tablespoon oil** on a rimmed baking sheet and season with **½ teaspoon salt** and **a few grinds of pepper**. Transfer to oven and roast until almost tender 15-20 minutes. Scatter prepared **snap peas** over carrots and onions, and continue roasting until the snap peas are crisp tender, about 5 minutes.



3. Cook bulgur

Meanwhile, heat **2 teaspoons oil** in a small saucepan over medium-high. Add **bulgur**. Cook, stirring, until bulgur is lightly toasted, 1-2 minutes. Add **1½ cups water** and **½ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender, about 12 minutes. Drain bulgur using a fine mesh sieve.



4. Prep ingredients

Peel **cucumber**, then cut into ¼-inch pieces. Pick **mint leaves** from stems, discarding stems; coarsely chop half of the mint leaves, and leave the remaining whole for step 6. Zest **half of the lemon**, then squeeze **2 tablespoons lemon juice** into a large bowl.



5. Make dressing & yogurt

Add **2 tablespoons oil** to bowl with **lemon juice** and whisk to combine; season to taste with **salt** and **pepper**. Transfer **1 tablespoon dressing** to a small bowl and stir in **lemon zest** and **yogurt**; season to taste with **salt** and **pepper**.



6. Dress grains & serve

Add **bulgur**, **cucumber**, and **chopped mint** to large bowl with **dressing** and toss to combine. Top **grains** with **roasted vegetables** and **a drizzle of oil**. Garnish with **whole mint leaves** and serve with **a dollop of yogurt on top**. Enjoy!