Haloumi & Fluffy Veggie Freekah with Roasted Almonds & Yoghurt









Vegetable Stock



Carrot







Roasted Almonds





Garlic & Herb



Baby leaves

Seasoning



Greek-Style





Yoghurt



Parsley

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
freekah	1 packet	2 packets	
butter*	20g	40g	
vegetable stock powder	1 large sachet	2 large sachets	
carrot	1	2	
courgette	1	2	
roasted almonds	1 packet	2 packets	
haloumi/grill cheese	1 packet	2 packets	
garlic & herb seasoning	1 medium sachet	1 large sachet	
honey*	1 tsp	2 tsp	
baby leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
Greek-style yoghurt	1 medium packet	1 large packet	
parsley	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2866kJ (685Cal)	685kJ (164Cal)
Protein (g)	36.1g	8.6g
Fat, total (g)	34.1g	8.2g
- saturated (g)	17.7g	4.2g
Carbohydrate (g)	56.1g	13.4g
- sugars (g)	14.9g	3.6g
Sodium (mg)	2365mg	566mg
Dietary Fibre (g)	7.9g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

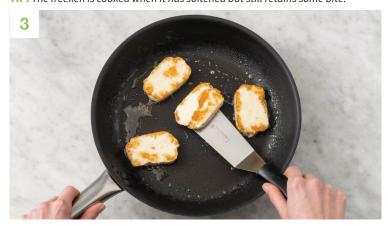
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the freekah

- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Toast freekeh, stirring occasionally, until golden, 1-2 minutes.
- Half-fill the saucepan with water, then add a good pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 30-35 minutes.
- Drain, rinse and return to the pan over medium heat. Add the butter and vegetable stock powder, and stir until the butter is melted and combined.

TIP: The freekeh is cooked when it has softened but still retains some bite.



Cook the haloumi

- In a medium bowl, combine garlic & herb seasoning and a drizzle of olive oil. Add haloumi, turn to coat.
- When freekah has 10 minutes cook time remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook carrot and courgette, stirring, until softened, 3-4 minutes. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook haloumi, until golden brown, 1-2 minutes each side.
- Remove pan from heat, then add the **honey** and turn to coat.



Get prepped

- Meanwhile, grate carrot.
- Thinly slice courgette into half-moons.
- · Roughly chop roasted almonds.
- · Cut haloumi into 1cm-thick slices.



Serve up

- Add cooked veggies, baby leaves and a drizzle of white wine vinegar and olive oil to the freekah. Season and stir to combine.
- Divide veggie freekah between bowls.
- Top with haloumi and a dollop of Greek-style yoghurt.
- Tear over **parsley** and sprinkle with roasted almonds to serve. Enjoy!



