



# NORTH AFRICAN SPICED PUMPKIN & FREEKEH BOWL

with Garlic Yoghurt



Roast pumpkin with  
ras el hanout!



Red Onion



Garlic



Cucumber



Peeled & Chopped  
Pumpkin



Ras El Hanout



Freekeh



Currants



Vegetable Stock



Pistachios



Greek Yoghurt



Mixed Salad  
Leaves



Feta

Hands-on: **15-25 mins**  
Ready in: **30-40mins**

Turn a simple salad into something special with the addition of freekeh, an ancient grain that adds a toasted, nutty flavour and great texture. With mildly spiced pumpkin and a creamy garlic yoghurt, this is a substantial dinner packed with all the good stuff!

**Pantry Staples:** Olive Oil, Vinegar (White Wine or Red Wine)

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **medium frying pan**



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into 2cm wedges. Finely chop the **garlic** (or use a garlic press). Roughly chop the **cucumber**.



### 2 ROAST THE VEGGIES

Place the **onion** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Sprinkle with the **ras el hanout** and toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**. Set aside to cool slightly.



### 3 COOK THE FREEKEH

While the veggies are roasting, bring the **water** to the boil in a medium saucepan. Rinse the **freekeh** and add to the saucepan of boiling water with the **currants**. Crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Simmer until tender, **15-18 minutes**. Drain and allow to cool.  
**TIP:** The freekeh is ready when it has softened but still retains some bite.



### 4 PREP THE TOPPINGS

While the freekeh is cooking, heat a medium frying pan over a medium-high heat. Add the **pistachios** and toast until golden and fragrant, **3-4 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat and add **olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl and allow to cool for **5 minutes**. Add the **Greek yoghurt** to the **garlic oil mixture** and whisk to combine. Season to taste with **salt** and **pepper**.



### 5 DRESS THE SALAD

In a large bowl, combine the **vinegar** and **olive oil (4 tsp for 2 people / 2 1/2 tbs for 4 people)** with a **pinch** of **salt** and **pepper**. Add the **mixed salad leaves**, cooled **freekeh** and roasted **veggies** and toss well to coat.  
**TIP:** Toss the salad just before serving to keep the leaves crisp. Add the **cucumber** and crumble in the **feta**.



### 6 SERVE UP

Divide the freekeh salad between plates. Drizzle with the garlic yoghurt and garnish with the toasted pistachios.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
ras el hanout	1 sachet	2 sachets
water*	2 cups	4 cups
freekeh	1 packet	2 packets
currants	1 packet	2 packets
vegetable stock	1 cube	2 cubes
pistachios	1 packet	2 packets
Greek yoghurt	1 packet (100g)	2 packets (200g)
vinegar* (white wine or red wine)	2 tsp	4 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
feta	1 block (50g)	1 block (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2650kJ (633Cal)	471kJ (112Cal)
Protein (g)	27.0g	4.8g
Fat, total (g)	28.1g	5.0g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	63.1g	11.2g
- sugars (g)	31.8g	5.6g
Sodium (g)	751mg	133mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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