



# Nourishing Pumpkin & Veggie Freekeh Salad

With Honey Dressing, Herby Mayo & Feta Cheese

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock Powder



Onion



Peeled Pumpkin Pieces



Chermoula Spice Blend



Spinach & Rocket Mix



Lime



Cucumber



Roasted Almonds



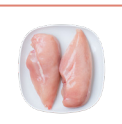
Dill & Parsley Mayonnaise



Mint



Cow's Milk Feta



Chicken Breast

### Recipe Update

Unfortunately, this week's lemon was in short supply, so we've replaced it with lime. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins  
Ready in: 40-50 mins

Eat Me Early\*  
*\*Custom Recipe only*

Carb Smart\*  
*\*Custom Recipe is not Carb Smart*

Let's get freekeh (pronounced free-kuh)! Sorry. We had to. Freekeh is an ancient grain and nutrition powerhouse often mentioned alongside superfood heroes like quinoa and farro. With its roasted nuttiness, it's our new favourite base for a nourishing bowl of big flavours. You're gonna love it.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey

## Before you start

Wash your hands and any fresh food

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 · Two oven trays lined with baking paper ·

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
freekeh	1 packet	2 packets
<b>water*</b>	3½ cups	7 cups
vegetable stock powder	1 large sachet	2 large sachets
onion	1 (medium)	1 (large)
peeled pumpkin pieces	1 packet (200g)	1 packet (400g)
chermoula spice blend	1 sachet	1 sachet
spinach & rocket mix	1 medium bag	1 large bag
lime	½	1
cucumber	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
dill & parsley mayonnaise	1 large packet	2 large packets
<b>honey*</b>	½ tbs	1 tbs
mint	1 bag	1 bag
cow's milk feta	¼ packet (47.5g)	½ packet (95g)
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1734kJ (414Cal)	377kJ (90Cal)
Protein (g)	15.8g	3.4g
Fat, total (g)	18.3g	4g
- saturated (g)	4g	0.9g
Carbohydrate (g)	43.4g	9.4g
- sugars (g)	15.5g	3.4g
Sodium (mg)	993mg	216mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2980kJ (712Cal)	542kJ (130Cal)
Protein (g)	37.7g	6.9g
Fat, total (g)	40.9g	7.4g
- saturated (g)	17.5g	3.2g
Carbohydrate (g)	45.6g	8.3g
- sugars (g)	17.6g	3.2g
Sodium (mg)	1713mg	312mg

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

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW18



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## Cook the freekeh

- Preheat oven to **220°C/200°C fan-forced**. Rinse the **freekeh**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **freekeh** until fragrant, **2 minutes**. Add the **water** and **vegetable stock powder**. Bring to the boil, then reduce to medium-high heat and cook until tender, **30-35 minutes**.
- Drain **freekeh** and return to the saucepan. Cover to keep warm and set aside.

3



## Prep the toppings

- While the veggies are roasting, roughly chop **spinach & rocket mix**. Zest **lime** to get a pinch, then cut into wedges. Thinly slice **cucumber** into half-moons. Roughly chop **roasted almonds**.
- In a small bowl, combine **dill & parsley mayonnaise** with a dash of **water**. Set aside.
- In a second small bowl, combine the **honey**, **lime zest**, a generous squeeze of **lime juice** and a drizzle of **olive oil**. Season, then mix well.

**Custom Recipe:** If you've added chicken breast, cut into 2cm chunks. In large frying pan, heat drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Remove from heat. Continue with step.

2



## Roast the veggies

- Meanwhile, cut **onion** into wedges.
- Place **peeled pumpkin pieces**, **onion** and **chermoula spice blend** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

4



## Serve up

- To the **freekeh** in the saucepan, add roasted veggies, spinach-rocket leaves, cucumber and honey dressing. Stir to combine.
- Pick and thinly slice **mint** leaves.
- Divide pumpkin and veggie freekeh salad between bowls.
- Top with dill-parsley mayo and crumble over **feta** (see ingredients).
- Garnish with almonds and mint. Serve with any remaining lime wedges. Enjoy!

**Custom Recipe:** Add chicken to the freekeh with the roasted veggies.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)