



Roast Pumpkin & Parsnip Freekeh Salad

with Honey Dressing, Mint Yoghurt & Feta

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock Powder



Parasnip



Red Onion



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Mixed Salad Leaves



Lemon



Roasted Almonds



Mint



Greek-Style Yoghurt



Feta

Hands-on: 15-25 mins
Ready in: 40-50 mins

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.

Pantry items

Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekah	1 packet	2 packets
water*	3½ cups	7 cups
vegetable stock powder	1 sachet	2 sachets
parsnip	2	4
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chermoula spice blend	1 sachet	1 sachet
mixed salad leaves	1 bag (60g)	1 bag (120g)
lemon	½	1
roasted almonds	1 packet	2 packets
mint	1 bunch	1 bunch
Greek-style yoghurt	1 small packet	1 large packet
honey*	2 tsp	4 tsp
feta	1 block (50g)	1 block (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2400kJ (573Cal)	534kJ (127Cal)
Protein (g)	22.1g	4.9g
Fat, total (g)	25.0g	5.6g
- saturated (g)	7.3g	1.6g
Carbohydrate (g)	57.8g	12.9g
- sugars (g)	25.0g	5.6g
Sodium (mg)	1490mg	332mg

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 freekeh

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



Make the honey dressing

In a second small bowl, combine the **honey**, **lemon zest**, a generous squeeze of **lemon juice** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Mix well.



Roast the veggies

While the freekeh is cooking, peel and cut the **parsnip** into 2cm chunks. Slice the **red onion** into 2cm wedges. Place the **peeled & chopped pumpkin**, **parsnip**, **onion** and **chermoula spice blend** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.

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



Bring it all together

Add the roasted **veggies**, **salad leaves** and **honey dressing** to the cooked **freekah**, then toss to combine.



Get prepped

While the veggies are roasting, roughly chop the **mixed salad leaves**. Zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **roasted almonds**. Pick and thinly slice the **mint** leaves. In a small bowl, combine the **Greek-style yoghurt** and **mint**. Set aside.



Serve up

Divide the roast pumpkin and parsnip freekeh salad between bowls. Top with the mint yoghurt and crumble over the **feta**. Garnish with the almonds. Serve with any remaining lemon wedges.

Enjoy!