



Honey-Thyme Haloumi & Roast Veggie Freekeh

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Garlic



Freekeh



Vegetable Stock



Tomato



Carrot



Capsicum



Baby Spinach Leaves



Lemon



Haloumi



Thyme



Creamy Pesto Dressing



Flaked Almonds

Hands-on: **20-30**mins
Ready in: **45-55** mins

We're using the ancient wholegrain from the Middle East, freekeh, as the nutty and soft base to carry all the delicious flavours of roasted veggies and honey-coated haloumi. Bring the bowl together with a creamy pesto dressing and crunchy flaked almonds. Dinner's served!

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

Medium saucepan · Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
freekeh	1 packet	2 packets
water*		
(for the freekeh)	3 ½ cups	7 cups
vegetable stock	1 cube	2 cubes
tomato	1	2
carrot	2	4
capsicum	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
haloumi	1 block	2 blocks
thyme	1 bunch	1 bunch
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water*		
(for the dressing)	1 tsp	2 tsp
flaked almonds	1 packet	2 packets
honey*	1 tbs	2 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2950kJ (706Cal)	604kJ (144Cal)
Protein (g)	29.5g	6.0g
Fat, total (g)	41.5g	8.5g
- saturated (g)	15.7g	3.2g
Carbohydrate (g)	49.2g	10.1g
- sugars (g)	25.9g	5.3g
Sodium (g)	1330mg	272mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the freekeh

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Rinse the **freekeh**. In a medium saucepan, heat a **drizzle of olive oil** over a medium-high heat. Add the **freekeh** and **garlic** and toast until fragrant, **2 minutes**. Add the **water (for the freekeh)** and the **crumbled vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Bring to the boil then cook over a medium-high heat until tender, **30-35 minutes**. Drain and return to the saucepan.

TIP: Add a splash of water if the freekeh looks dry.

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



4. Cook the haloumi

Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **haloumi** to the pan and cook until golden brown, **2 minutes** each side. Reduce the heat to medium and add the **honey** and **thyme**. Cook, turning the haloumi to coat, until fragrant, **1 minute**.



2. Roast the veggies

While the freekeh is cooking, slice the **tomato** into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm-thick slices. Thinly slice the **capsicum**. Place the **veggies** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

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



5. Finish the freekeh

When the freekeh is cooked, add the **spinach**, **roast veggies** and a **generous squeeze of lemon juice** to the saucepan. Toss to combine and season to taste with **salt** and **pepper**.



3. Get prepped

While the veggies are roasting, roughly chop the **baby spinach leaves**. Zest the **lemon** (see **ingredients list**) to get a **generous pinch**, then cut into wedges. Cut the **haloumi** into 1cm-thick slices. Pick the **thyme** leaves. In a small bowl, combine the **creamy pesto dressing**, **lemon zest** and **water** (for the dressing).

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.



6. Serve up

Divide the roast veggie freekeh between bowls. Top with the honey-thyme haloumi. Drizzle over the creamy pesto dressing. Garnish with toasted flaked almonds.

Enjoy!