



# Honey-Thyme Haloumi & Roast Veggie Freekeh

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Garlic



Freekeh



Vegetable Stock



Tomato



Carrot



Beetroot



Baby Spinach Leaves



Lemon



Haloumi



Thyme



Creamy Pesto Dressing



Pepitas

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)	3½ cups	7 cups
vegetable stock	1 cube	2 cubes
tomato	1	2
carrot	2	4
beetroot	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
pepitas	1 packet	2 packets
honey*	1 tbs	2 tbs

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3525kJ (842Cal)	627kJ (149Cal)
Protein (g)	32g	5.7g
Fat, total (g)	50g	8.9g
- saturated (g)	16.3g	2.9g
Carbohydrate (g)	58.6g	10.4g
- sugars (g)	33g	5.9g
Sodium (mg)	1403mg	249mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/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 **240°C/220°C fan-forced**. Finely chop the **garlic**. Rinse the **freekeh**. In a medium saucepan, heat a drizzle of **olive oil** over 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.



## Roast the veggies

While the freekeh is cooking, cut the **tomato** into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm half-moons. Cut the **beetroot** into 1cm cubes. 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**.



## Prep the toppings

While the veggies are roasting, roughly chop the **baby spinach leaves**. Zest the **lemon** 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 stems are very soft, you can just chop them instead.



## Cook the haloumi

Heat a medium frying pan over medium-high heat. Add the **pepitas** and toast until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **2 minutes** each side. Reduce the heat to medium and add the **honey** and **thyme**. Cook, turning the **haloumi**, until fragrant, **1 minute**.



## Finish the freekeh

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



## Serve up

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

## Enjoy!