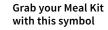


Honey-Thyme Haloumi & Roast Veggie Freekeh with Creamy Pesto Dressing

















Vegetable Stock







Carrot







Baby Spinach

Lemon





Haloumi

Thyme





Dressing

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

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Oven tray lined with baking paper} \cdot \\ \mbox{Medium frying pan}$

Ingredients

9		
	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	1/2	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 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!