



Herby Middle Eastern Jewelled Freekeh Bowl

with Hummus



Master perfectly cooked freekeh



Freekeh



Vegetable Stock



Red Onion



Zucchini



Cavolo Nero



Mint



Lemon



Pine Nuts



Slivered Almonds



Souk Market Spice Blend



Hummus



Currants

Hands-on: **25** mins
Ready in: **30** mins

Come on guys, let's get freekeh! No? How about we go nuts?! Still no? Well we don't know what to tell you, because this salad, like our food puns, is mint. Haha, gotcha!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan, chef's knife, chopping board, large frying pan, small bowl** and a **wooden spoon**.



1 COOK THE FREEKEH

Bring the **water (check ingredients list for the amount)** to the boil in a medium saucepan. Once boiled, add the **freekeh** and crumbled **vegetable stock** cube (**use suggested amount**) and cook for **10-12 minutes**, or until the freekeh is cooked and all the water has been absorbed.

TIP: *If you're unsure if your freekeh is cooked, simply use a spoon to remove a few grains from the saucepan, wait a few moments for it to cool and take a bite. The freekeh is ready when it's slightly softened but still retains some bite.*



2 GET PREPPED

While the freekeh is cooking, finely chop the **red onion**. Chop the **zucchini** into 2 cm chunks. Destem and finely slice the **cavolo nero** leaves. Roughly chop the **mint** leaves. Slice the **lemon** into wedges.



3 TOAST THE NUTS

Heat a large frying pan over a medium-high heat. Add the **pine nuts** and **slivered almonds** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside in a small bowl.



4 COOK THE VEGGIES

Heat a **drizzle** of **olive oil** in the same pan over a medium-high heat. Add the **red onion** and **zucchini** and cook for **5 minutes**, or until softened. Add the **cavolo nero** and the **Souk Market spice blend** and cook for **1-2 minutes**, or until fragrant and softened. Add the **freekeh** and stir to combine. Remove the pan from the heat.



5 COMBINE IT ALL TOGETHER

Add the toasted **pine nuts, slivered almonds, mint** and **currants** to the pan with the freekeh. Add the **salt (use suggested amount)** and a **pinch** of **pepper** and mix well.



6 SERVE UP

Divide the herby Middle Eastern jewelled freekeh between bowls. Top with a dollop of **hummus** and finish with a **drizzle** of **olive oil**. Serve the lemon wedges on the side to squeeze over just before serving.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1 ½ cups	3 cups
freekeh	1 ½ packets (¾ cup)	3 packets (1 ½ cups)
vegetable stock	½ cube	1 cube
red onion	1	2
zucchini	1	2
cavolo nero	1 bag	2 bags
mint	1 bunch	1 bunch
lemon	1	2
pine nuts	1 packet	2 packets
slivered almonds	1 packet	2 packets
Souk Market spice blend	1 sachet (1 tbs)	2 sachets (2 tbs)
currants	1 packet	2 packets
salt*	¼ tsp	½ tsp
hummus	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2480kJ (592Cal)	391kJ (93Cal)
Protein (g)	17.3g	2.7g
Fat, total (g)	27.6g	4.4g
- saturated (g)	3.5g	0.5g
Carbohydrate (g)	60.7g	9.6g
- sugars (g)	23.0g	3.6g
Sodium (g)	1010mg	160mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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