

CHERMOUL SPICED PUMPKIN & VEGGIE FREEKEH

with Fetta





Cook with freekeh





Peeled Pumpkin

Chermoula Spice Blend





Vegetable Stock









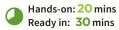


Harissa Paste

Baby Spinach Leaves



Pantry Staples: Olive Oil, Honey



Spicy (harissa paste)

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 nuttiness, it's our new favourite base for a nourishing bowl of big flavours. You're gonna love it.

START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, medium saucepan, oven tray lined with baking paper, wooden spoon, sieve, garlic crusher and a medium frying pan.



Technical Preparation

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Tip: Chop the pumpkin into 1 cm cubes.

Tip: Chop the pumpkin to the correct size to ensure it cooks in the allocated time.

Bring the water (check the ingredients list for the amount) to the boil in a medium saucepan.



2 BAKE THE SPICED PUMPKIN
Place the pumpkin on the oven tray lined with baking paper. Drizzle with olive oil and add the chermoula spice blend, honey and a pinch of salt and pepper. Toss to coat and place in the oven to bake for 20 minutes, or until tender. Remove from the oven and set aside.



While the pumpkin is cooking, rinse the freekeh (use suggested amount to ensure the dish is perfectly balanced - just the way we planned it). Add the freekeh to the saucepan of boiling water and crumble in the vegetable stock cube (use suggested amount). Simmer for 10-12 minutes, or until tender. Drain and set aside. *TIP: The freekeh is ready when it has softened but still retains some bite.



4 CONTINUE PREPPING
While the freekeh is cooking, finely slice
the red onion (use suggested amount). Peel
and crush the garlic.



When the pumpkin has 5 minutes of cooking time remaining, heat a medium frying pan over a medium-high heat. Add a drizzle of olive oil, the harissa paste, red onion and garlic. *TIP: If you don't like spice, you can use just 1/2 the amount of harissa. Cook for 3-4 minutes, or until fragrant and softened. Stir through the freekeh and baby spinach leaves until the spinach has just wilted. Season to taste with a pinch of salt and pepper.



SERVE UP!Divive the chermoula spiced pumpkin & veggie freekeh between bowls. Crumble over the **fetta**.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet	1 packet
water*	2 cups	4 cups
chermoula spice blend	1 sachet (3 tsp)	2 sachets (1½ tbs)
freekeh	1½ packets (¾ cup)	3 packets (1½ cups)
vegetable stock	½ cube	1 cube
red onion	1/2	1
garlic	1 clove	2 cloves
harissa paste	1 sachet (12 g)	2 sachets (24 g)
baby spinach leaves	1 bag	1 bag
fetta	1 block (50 g)	1 block (100 g)
honey*	1 tbs	2 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1980kJ (474Cal)	324kJ (77Cal)
Protein (g)	20.0g	3.3g
at, total (g)	10.8g	1.8g
saturated (g)	5.0g	0.8g
Carbohydrate (g)	66.8g	10.9g
sugars (g)	27.4g	4.5g
Sodium (g)	1170mg	191mg

For allergens and ingredient information, visit **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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