

# Spiced Cauliflower, Freekeh & Goat Cheese Salad

with Toasted Almonds

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock



Cauliflower



Beetroot



Red Onion



Marinated Goat Cheese



Souk Market Spice Blend



Flaked Almonds



Spinach & Rocket Mix

-  Hands-on: 20-30 mins
-  Ready in: 40-50 mins
-  Calorie Smart

The key to making a killer salad? Having a mixture of flavours and textures, and enough hearty ingredients to ensure you feel satisfied at the end. This one ticks all those boxes to make it the perfect nutritionally balanced meal.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
water*	3½ cups	7 cups
vegetable stock	1 cube	2 cubes
cauliflower	1 portion	2 portions
beetroot	1	2
red onion	1	2
marinated goat cheese	1 tub (100g)	2 tubs (200g)
Souk Market spice blend	1 sachet	2 sachets
vinegar* (white wine or balsamic)	½ tbs	1 tbs
honey*	½ tbs	1 tbs
flaked almonds	1 packet	2 packets
spinach & rocket mix	1 packet (60g)	1 packet (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1877kJ (448Cal)	357kJ (85Cal)
Protein (g)	16.5g	3.1g
Fat, total (g)	16.2g	3.1g
- saturated (g)	4.5g	0.9g
Carbohydrate (g)	51.6g	9.8g
- sugars (g)	21.4g	4.1g
Sodium (mg)	800mg	152mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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 **220°C/200°C fan-forced**. Rinse the **freekeh**. Heat a drizzle of **olive oil** in a large saucepan over a medium-high heat. Add the **freekeh** 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 reduce to medium-high heat and cook until tender, **30-35 minutes**. Drain well and return to the saucepan.

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



## Toast the almonds

Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. In a large bowl, combine **oil** from the **marinated goat cheese** tub (1 tbs for 2 people / 2 tbs for 4 people) with the **vinegar** and **honey**. Season with **salt** and **pepper** and mix well to combine, set aside.



## Prep the veggies

While the freekeh is cooking, cut the **cauliflower** into small florets. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges.

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



## Toss the salad

Add the **rocket & spinach mix**, slightly cooled **roast veggies** and **freekeh** to the **dressing** and toss well to combine.



## Roast the veggies

Place the **cauliflower**, **beetroot** and **onion** on an oven tray lined with baking paper. Add the **Souk Market spice blend**, a drizzle of **oil** from the **marinated goat cheese** tub and a generous pinch of **salt** and **pepper**. Toss to combine, then roast until tender, **20-25 minutes**. Set aside to cool slightly.



## Serve up

Divide the spiced cauliflower salad between plates. Tear the goat cheese into small chunks and scatter over the salad. Sprinkle with the toasted almonds.

Enjoy!