



More Than Food

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## Freekeh-ishly Healthy Salad

Freekeh is a grain that's very popular in Italy - you'll usually find it in soups and salads. It's got a good kick of fibre, iron and even some zinc but most importantly, it has the perfect taste and texture for this healthy January dinner.



25 mins



spicy



veggie



healthy



Cracked Grain Freekeh



Red Pepper



Spring Onion



Lemon



Zahtar Spice



Pomegranate Seeds




Mint



Feta Cheese

Ingredients

	2P	4P
Cracked Grain Freekeh 1	¾ cup	1½ cups
Red Pepper, chopped	1	2
Spring Onion, sliced	2	3
Lemon	½	1
Zahtar Spice 2	½ tbsp	1 tbsp
Pomegranate Seeds	1 sachet	2 sachets
Mint	3 tbsp	5 tbsp
Feta Cheese 3	1 block	2 blocks

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Gluten | 2) Sesame  
3) Milk

Nutrition per serving: Calories: 451 kcal | Protein: 17 g | Carbs: 70 g | Fat: 12 g | Saturated Fat: 7 g



1 Bring a large pot of water to the boil with ¼ tsp of salt. Add the freekeh and continue to boil gently for 12 mins. Drain, cover with a tea towel and keep to one side until everything else is ready.



2 Remove the core of the pepper and chop into small cubes ½ cm thick, if your knife skills allow. Finely slice the spring onions.



3 Make a dressing using the zest and juice of half the lemon, ¼ tsp of salt, the zahtar spice and 2 tbsp of olive oil. Give it all a good whisk.



4 Mix the freekeh with the diced red pepper, spring onion, pomegranate seeds and half the dressing. Taste for seasoning and add more salt and pepper to your liking.

5 Divide the salad between your bowls and top with picked mint leaves, crumbled feta and a drizzle more of the dressing.