



# SPICED FREEKEH PILAF

with Roasted Vegetables and Tomato Salsa



NUTRITIONIST APPROVED



## HELLO FREEKAH

Freekeh, is a grain which has a distinct nutty and smoky flavour. Freekeh is a great source of zinc which plays a role in maintaining healthy skin, hair and nails.



Aubergine



Cauliflower



Chickpeas



Ground Cumin



Sumac



Echalion Shallot



Red Chilli



Freekeh



Vegetable Stock Powder



Flat Leaf Parsley



Mint



Premium Tomatoes



Lemon



Pistachio

MEAL BAG

40 mins

4 of your 5 a day

Veggie

Balanced

Under 550 calories

Low in sugar

A great source of dietary fibre, iron and zinc, freekeh is a green grain made from young durum wheat which is roasted or smoked then polished to remove the shells. With its distinct nutty, smoky flavour, freekeh can be cooked like rice, making it a go-to ingredient for things like this healthy spiced pilaf. The tomato and herb salsa keeps the flavour fresh, whilst the addition of chickpeas, chopped pistachios and roasted veg make this a deliciously hearty and filling dish.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Sieve**, some **Baking Paper**, a **Baking Tray**, **Frying Pan** (with a **Lid**), **Measuring Jug** and **Fine Grater**. Now, let's get cooking!



### 1 DO THE PREP

Preheat your oven to 200°C. Trim the **aubergine** and halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces. Chop the **cauliflower** into florets (little trees!). Drain and rinse the **chickpeas** in a sieve.



### 2 GET ROASTING

Pop the **cauliflower** and **aubergine** on a lined baking tray, drizzle with **oil** and season with **salt** and **pepper**. Sprinkle on the **ground cumin** and **half** the **sumac**. Rub the flavourings all over the **veggies** and arrange in one layer. Roast on the top shelf of your oven until soft and nicely browned with burnt edges, 25-30 mins. Halfway through cooking, add the **chickpeas** to the tray and turn everything to make sure it browns evenly. Meanwhile, fill and boil your kettle.



### 3 COOK THE PILAF

Halve, peel and chop the **shallot** into small pieces. Halve the **chilli** lengthways, deseed then finely chop. Heat a drizzle of **oil** in a frying pan on medium heat. Add the **shallot** and cook until soft, 4-5 mins. Add a pinch of **chilli** and the **freekeh** and cook for 1 minute. Stir in the boiling **water** (see ingredients for amount) and **stock powder**. Bring to the boil then turn the heat to low, pop a lid on and cook for 15 mins, then remove from the heat and leave to rest for 5 mins.



### 4 SALSA TIME

Meanwhile, roughly chop the **parsley** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Halve the **tomatoes**. Zest and juice the **lemon**. In a bowl, combine the **lemon zest, juice, mint, parsley** and **tomatoes** with the **olive oil** (see ingredients for amount). Season with a pinch of **salt** and **pepper**.



### 5 CHOP THE PISTACHIOS

Take the **pistachios** out of their shells and roughly chop.



### 6 SERVE

Fluff up the **freekeh** with a fork and gently mix in **half** the **salsa**. Pop the **freekeh pilaf** into bowls and top with the **roasted veggies** and **chickpeas**. Sprinkle over the **pistachios**, remaining **sumac**, any remaining **chilli** (if liked) and the other **half** of the **salsa**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Aubergine *	1	1½	2
Cauliflower *	1	1½	2
Chickpeas	½ carton	¾ carton	1 carton
Ground Cumin	1 small pot	¾ large pot	1 large pot
Sumac	1 small pot	¾ large pot	1 large pot
Echalion Shallot *	1	1	2
Freekeh 13)	100g	150g	200g
Water*	200ml	300ml	400ml
Mint *	1 bunch	1 bunch	1 bunch
Red Chilli *	½	¾	1
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Olive Oil*	1tbsp	1½tbsp	2tbsp
Pistachio 2)	1 small bag	1 large bag	2 small bags
Vegetable Stock	1	1½	2
Powder 10)	sachet	sachets	sachets
Premium Tomatoes	1 punnet	1½ punnets	2 punnets

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 729G	PER 100G
Energy (kJ/kcal)	2155 / 515	296 / 71
Fat (g)	17	2
Sat. Fat (g)	3	1
Carbohydrate (g)	61	8
Sugars (g)	20	3
Protein (g)	25	3
Salt (g)	1.00	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 10) Celery 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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