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## Warm Freekeh Salad with Chermoula Spiced Carrots, Herbs, Sumac and Pistachios

The carrot. Often seen as a very everyday veggie, lacking excitement. But we won't have it! The carrot is an absolute hero with its flamboyant orangeness and vitamin C. So, we've brought it back to its natural position - as the hero of this dish. It's freekeh awesome!



40 mins



veggie



spicy



healthy



Carrot (3)



Chermoula Spice Mix (2 tsp)



Cinnamon Stick (1)



Vegetable Stock Pot (1)



Freekeh (1 cup)



Cucumber (½)



White Wine Vinegar (1 tsp)



Flat Leaf Parsley (5 tbsp)



Coriander (5 tbsp)



Mint (5 tbsp)



Pistachios (25g)



Garlic Clove (1)



Natural Yoghurt (1 pot)



Sumac (1 tsp)



Lemon (1)

## Ingredients

2 PEOPLE ALLERGENS

Carrots, chopped	3	
Chermoula Spice Mix	2 tsp	
Cinnamon Stick	1	
Vegetable Stock Pot	1	Celery
Freekeh	1 cup	Gluten
Cucumber, chopped	½	
White Wine Vinegar	1 tsp	Sulphites
Flat Leaf Parsley, chopped	5 tbsp	
Coriander, chopped	5 tbsp	
Mint, chopped	5 tbsp	
Pistachios, chopped	25g	Nut
Garlic Clove, grated	1	
Natural Yogurt	1 pot	Milk
Sumac	1 tsp	
Lemon	1	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

Freekeh is ridiculously high in fibre, offering four times more than brown rice!

**Nutrition per serving:** Calories: 480 kcal | Protein: 24 g | Carbs: 76 g | Fat: 11 g | Saturated Fat: 2 g

2



1 Pre-heat your oven to 200 degrees and bring 500ml of **water** to the boil in a pot on high heat.

2 Peel the **carrots** and chop off the tops and bottoms. Quarter each carrot lengthways and then cut each length in half. Pop the **carrots** into a bowl and season with ¼ tsp of **salt**. Sprinkle over the **chermoula spice mix** and add 1 tbsp of **oil**. Mix well to make sure the **carrots** are nicely coated in the spice mix. Transfer to a baking tray lined with baking paper and roast the **carrots** for 25 mins on the middle shelf of your oven.

4



3 Add the **cinnamon stick** and **vegetable stock pot** to the pot of boiling water and then pour in the **freekeh**. Reduce the heat to medium-low and cook for 10 mins. When the **freekeh** is cooked, drain into a sieve, discard the **cinnamon stick** and leave to cool for 5 mins.

4 Chop off the tip of the **cucumber** and quarter it lengthways. Scrape the seeds off with a spoon and discard. Cut each strip into 1cm pieces. Pop the cut **cucumber** into a bowl and season with ¼ tsp of **salt**. Sprinkle in the **white wine vinegar** and mix well.

5



5 Roughly chop the **parsley**, **coriander** and **mint** leaves. Mix the chopped herbs with your **cucumber**. Roughly chop the **pistachios**.

6 Peel and grate the **garlic** (or use a garlic press if you have one!) Mix the **garlic** into the **yoghurt** with the **sumac**. Season with a pinch of **salt**.

6



7 When the **freekeh** has cooled slightly, mix in the **cucumber** and herbs. Add the zest and juice of half the **lemon**, then taste and add more **lemon** juice to taste. Add more **salt** and **pepper** if necessary.

8 When your **carrots** are cooked and tender, serve on top of a bed of the **freekeh** and finish with a sprinkle of **pistachios** and some dollops of your sumac **yoghurt**. Yum!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!