



More than Food

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## Freekeh & Brussels Sprouts Salad

with Fuji Apples, Walnuts, and Honey Citronette

If you've never tried freekeh before, prepare to be amazed. The grain's slightly smoky, nutty flavor comes from being fire-roasted after harvest. This apples-and-honey inspired dish is amped up by salty Parmesan, crunchy walnuts, and everyone's favorite: roasted Brussels sprouts.



35 min



level 1



veggie



Cracked Freekeh



Brussels Sprouts



Fuji Apple



Walnuts



Honey



Lemon



Shallot



Shredded Parmesan

## Ingredients

		2 People	4 People
Cracked Freekeh	1)	¾ C	1½ C
Brussels Sprouts		8 oz	16 oz
Fuji Apple		1	2
Walnuts	2)	1 oz	2 oz
Honey		1 t	2 t
Lemon		1	2
Shredded Parmesan	3)	¼ C	½ C
Shallot		1	2
Olive Oil*		2 T + 1 t	4 T + 2 t

\*Not Included

## Allergens

- 1) Wheat
- 2) Nuts
- 3) Dairy

## Tools

Large Pot, Medium Pan, Strainer, Zester, Large Bowl, Whisk

Ruler

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**Nutrition per person** Calories: 758 cal | Carbs: 95 g | Fat: 33 g | Protein: 26 g | Fiber: 22 g | Sodium: 208 mg



**1** Preheat the oven to 400 degrees. Bring a large pot of **water**, the **freekeh**, and a large pinch of **salt** to a boil. Reduce to a simmer and cook for 20-25 minutes, until tender. Drain and rinse under cold water.

**2** Meanwhile, trim and halve the **Brussels sprouts**. Thinly slice half the **Brussels sprouts** into shreds. Toss the other half of the **Brussels sprouts** on a baking sheet with ½ **Tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes until golden brown.



**3** Heat a medium pan over medium heat. Add the **walnuts** and cook, tossing, for 2-3 minutes until fragrant and toasted. Set aside.

**4** Heat **1 teaspoon olive oil** in the same pan over medium heat. Add the shredded **Brussels sprouts** and cook, tossing, for 3-4 minutes until softened. Season with **salt** and **pepper**.



**5** **Make the honey citronette:** halve, peel, and mince the **shallot**. Zest and halve the **lemon**. In a large bowl, whisk together the **shallot**, **honey**, **lemon zest**, **juice of half the lemon**, **1½ Tablespoons olive oil**, and a pinch of **salt** and **pepper**.

**6** Core and dice the **apple**. Toss the **freekeh**, **shredded Brussels sprouts**, **Parmesan**, **walnuts**, and **apple** into the **citronette** then season with **salt** and **pepper**.



**7** Plate the **freekeh salad** then top with the **roasted Brussels sprouts**. Enjoy!