



NOV  
2016

## Feel-Good Freekeh Salad

with Brussels Sprouts, Roasted Butternut Squash, and Apple

Don't settle for another night of boring brown rice. Instead, bulk things up with freekeh. This whole grain is all the rage this fall, and we have a feeling its nutty bite, fire-roasted smokiness, and high fiber content may have something to do with that.



**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



veggie



Freekeh



Brussels  
Sprouts



Butternut  
Squash



Shallot



Lemon



Fuji  
Apple



Parmesan  
Cheese

## Ingredients

	2 People	4 People
Freekeh	1) ¾ Cup	1½ Cups
Brussels Sprouts	8 oz	16 oz
Butternut Squash	8 oz	16 oz
Shallot	1	2
Lemon	1	2
Fuji Apple	1	2
Parmesan Cheese	2) ½ Cup	1 Cup
Olive Oil *	8 tsp	16 tsp

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Large pot, Strainer, Baking sheet, Medium pan, Zester, Whisk, Large bowl

**Nutrition per person** Calories: 704 cal | Fat: 29 g | Sat. Fat: 8 g | Protein: 27 g | Carbs: 97 g | Sugar: 20 g | Sodium: 379 mg | Fiber: 23 g

1



**1 Preheat oven and cook the freekeh:** Preheat oven to 425 degrees. Bring a large pot of **salted water** and **freekeh** to a boil. Reduce to a simmer, cook until tender, 20-25 minutes. Drain and rinse under **cold water**.

2



**2 Prep: Wash and dry all produce.** Meanwhile, trim and halve **Brussels sprouts**. Thinly slice half the Brussels sprouts into shreds.

**3 Roast the veggies:** Toss remaining **Brussels sprouts** and **butternut squash** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast 10-13 minutes, toss, then continue roasting until golden brown, another 10-13 minutes.

4



**4 Cook the shredded Brussels sprouts:** Heat a drizzle of **olive oil** in a pan over medium heat. Add shredded **Brussels sprouts**, and toss until softened, 3-4 minutes. Season with **salt** and **pepper**.

**5 Make the citronette dressing:** Halve, peel, and mince **2 TBSP shallots**. Zest and halve **lemon**. Whisk together **shallots**, **lemon zest**, juice of half a **lemon**, and **2 TBSP olive oil** in a large bowl. Season with **salt** and **pepper**. Taste and adjust with more **olive oil**, if necessary.

5



**6 Toss and serve:** Core and dice **apple**. Toss **freekeh**, **shredded Brussels sprouts**, **Parmesan cheese**, and diced **apples** into **citronette dressing**. Season with **salt** and **pepper**. Plate **freekeh salad**, and top with **roasted Brussels sprouts** and **butternut squash**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

