



FREEKEH AND LENTIL JUMBLE

with Sumac-Dusted Veggies and Tahini Dressing



HELLO
TAHINI DRESSING
 The sesame sauce is drizzled all over, adding bursts of creaminess throughout.

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 710



Freekeh
(Contains: Wheat)



Red Onion



Eggplant



Cilantro



Tahini



Pistachio Nuts
(Contains: Tree Nuts)



French Lentils



Roma Tomato



Sumac



Lemon



Honey

START STRONG

If the water evaporates before the freekeh and lentils are tender, add another ½ cup water to the pot and bring it back to a simmer.

BUST OUT

- Baking sheet
- Medium pot
- Large bowl
- Large pan
- Zester
- Small bowl
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|------------------|---------------|
| • Freekeh | ½ Cup 1 Cup |
| • French Lentils | ½ Cup 1 Cup |
| • Red Onion | 1 2 |
| • Roma Tomato | 1 2 |
| • Eggplant | 1 2 |
| • Sumac | 1 tsp 2 tsp |
| • Cilantro | ¼ oz ½ oz |
| • Lemon | 1 2 |
| • Tahini | 1 oz 2 oz |
| • Honey | 4 tsp 8 tsp |
| • Pistachio Nuts | 1 oz 2 oz |

HELLO WINE



PAIR WITH

Rogue Wave Mendocino County
Pinot Noir, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT BROILER AND COOK FREEKEH

Wash and dry all produce. Preheat broiler or grill to high. If broiling, place a baking sheet under broiler while it preheats. Bring **2 cups water** to a boil in a medium pot, then stir in **freekeh** and **lentils**. Reduce to a simmer, cover, and cook until tender, 20-25 minutes.



4 COOK ONION STRANDS

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **onion strands** and cook, tossing occasionally, until browned and very soft, about 10 minutes.



2 PREP

Halve, peel, and quarter **onion**. Thinly slice one quarter from pole to pole into thin strands. Cut remaining onion into 1-inch-thick wedges. Quarter **tomato**. Halve **eggplant** lengthwise, then cut lengthwise into 1-inch-thick wedges. Place **eggplant**, **tomato**, and **onion** wedges in a large bowl.



5 MAKE DRESSING

While veggies and onion cook, finely chop **cilantro**. Zest **lemon** until you have 1 tsp zest, then cut into wedges. In a small bowl, whisk **tahini**, **2 TBSP water**, a squeeze of lemon, and **honey** (to taste—start with half the amount provided and go up from there). Season with **salt** and **pepper**.



3 COOK VEGGIES

Add **1 TBSP olive oil** to bowl with **veggies** and toss. Season with **salt**, **pepper**, and **sumac**. If broiling, spread out veggies on preheated baking sheet. Broil until tender and brown, 15-20 minutes, tossing halfway through. If grilling, grill over direct heat, turning occasionally, until tender, 15-20 minutes.



6 FINISH AND PLATE

Fluff **freekeh mixture** with a fork. Stir in **zest**, **onion strands**, and half the **cilantro**, then season to taste with **salt**, **pepper**, and **lemon juice**. Divide between plates. Top with **veggies**, then drizzle with **dressing**. Sprinkle with **pistachios** and remaining cilantro. Serve with any remaining **lemon wedges** on the side for squeezing over.

MAJOR!

Mujadarra—the freekeh and lentil mix—is a fantastic side dish on its own.

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