



FREEKEH FEAST BOWL

with Harissa-Roasted Veggies, Greek Yogurt, and Pistachios



HELLO FREEKEH

This supergrain packs plenty of healthful fiber and protein.

PREP: 15 MIN | **TOTAL: 40 MIN** | **CALORIES: 630**



Carrots



Shallot



Lemon Juice



Freekeh
(Contains: Wheat)



Za'atar



Feta Cheese
(Contains: Milk)



Bell Pepper*



Parsley



Harissa Powder



Pistachios
(Contains: Tree Nuts)



Greek Yogurt
(Contains: Milk)

* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

Harissa has a spicy kick to it—try tasting a tiny pinch before using it in step 2 to get a sense of how hot it is. Save leftover harissa for seasoning sauces or other veggies with a Mediterranean flavor profile.

BUST OUT

- Medium pot
- Strainer
- Peeler
- Small pan
- 3 Small bowls
- Baking sheet
- Olive oil (8 tsp | 16 tsp)
- Sugar (1/8 tsp | 1/4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 3 | 6
- Bell Pepper 1 | 2
- Shallot 1 | 2
- Parsley 1/4 oz | 1/2 oz
- Lemon Juice 3 packs | 6 packs
- Harissa Powder 2 tsp | 4 tsp
- Freekeh 1/2 Cup | 1 Cup
- Pistachios 1 oz | 2 oz
- Za'atar 1 tsp | 2 tsp
- Greek Yogurt 4 oz | 8 oz
- Feta Cheese 1/2 Cup | 1 Cup

WINE CLUB

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Bring a medium pot of generously **salted water** to a boil. Peel **carrots** and halve lengthwise, then slice crosswise into 1/2-inch-thick pieces. Halve, core, and seed **bell pepper**, then cut into 1/2-inch-wide strips. Halve, peel, and thinly slice **shallot**. Chop **parsley**.



4 PICKLE SHALLOT AND TOAST PISTACHIOS

Place **shallot** in a small bowl with **1 1/2 tsp lemon juice** (save the rest for the next step), a pinch of **salt**, and a pinch of **sugar**. Toss to coat. Set aside to marinate. Place **pistachios**, a drizzle of **olive oil**, and half the **za'atar** in a small pan. Place pan over medium-high heat and toast pistachios, tossing often, until aromatic and golden, about 5 minutes.

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2 ROAST VEGGIES

Toss **bell pepper** and **carrots** on a baking sheet with a drizzle of **olive oil**, a pinch of **salt** and **pepper**, and **1 to 2 tsp harissa**, depending on how much spice you like (you'll have some left over). Roast in oven until tender, about 20 minutes.



5 MAKE LEMON DRESSING AND FETA SAUCE

In another small bowl, whisk together a large pinch of **salt**, **2 TBSP olive oil**, and remaining **lemon juice**. In a third small bowl, stir together **yogurt**, **feta cheese**, and remaining **za'atar**. Stir in **water** 1 tsp at a time until mixture has a consistency that's still thick and creamy but not stiff.



3 COOK FREEKEH

Once water is boiling, add **freekeh** to pot. Boil until tender, 20-25 minutes. Drain and return freekeh to pot.



6 FINISH AND SERVE

Pour **lemon dressing** over **freekeh** in pot and stir to coat. Divide between plates, then arrange **veggies** on top. Dollop with **feta sauce**. Garnish with **shallot**, **pistachios**, and **parsley**.

FREEKEH OUT!

It's hard not to go crazy for this tasty, wholesome grain.

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