



# CHERMOULA SPICED PUMPKIN & VEGGIE FREEKEH

with Fetta



Cook with freekeh



Peeled Pumpkin



Chermoula Spice Blend



Freekeh



Vegetable Stock



Red Onion



Garlic



Harissa Paste



Baby Spinach Leaves



Fetta

Pantry Staples: Olive Oil, Honey

Hands-on: 20 mins  
Ready in: 30 mins

Spicy (harissa paste)

Let's get freekeh (pronounced free-kuh)! Sorry. We had to. Freekeh is an ancient grain and nutrition powerhouse often mentioned alongside superfood heroes like quinoa and farro. With its nuttiness, it's our new favourite base for a nourishing bowl of big flavours. You're gonna love it.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, oven tray** lined with **baking paper, wooden spoon, sieve, garlic crusher** and a **medium frying pan**.



### 1 GET PREPPED

Preheat the oven to **220°/200°C fan-forced**. Chop the **peeled pumpkin** into 1 cm cubes. **TIP:** *Chop the pumpkin to the correct size to ensure it cooks in the allocated time.* Bring the **water (check the ingredients list for the amount)** to the boil in a medium saucepan.



### 2 BAKE THE SPICED PUMPKIN

Place the **pumpkin** on the oven tray lined with baking paper. **Drizzle** with **olive oil** and add the **chermoula spice blend, honey** and a **pinch** of **salt** and **pepper**. Toss to coat and place in the oven to bake for **20 minutes**, or until tender. Remove from the oven and set aside.



### 3 COOK THE FREEKEH

While the pumpkin is cooking, rinse the **freekeh (use suggested amount to ensure the dish is perfectly balanced - just the way we planned it)**. Add the freekeh to the saucepan of boiling water and crumble in the **vegetable stock cube (use suggested amount)**. Simmer for **10-12 minutes**, or until tender. Drain and set aside. **TIP:** *The freekeh is ready when it has softened but still retains some bite.*



### 4 CONTINUE PREPPING

While the freekeh is cooking, finely slice the **red onion (use suggested amount)**. Peel and crush the **garlic**.



### 5 ADD THE HARISSA

When the pumpkin has **5 minutes** of cooking time remaining, heat a medium frying pan over a medium-high heat. Add a **drizzle** of **olive oil**, the **harissa paste, red onion** and **garlic**. **TIP:** *If you don't like spice, you can use just 1/2 the amount of harissa.* Cook for **3-4 minutes**, or until fragrant and softened. Stir through the **freekeh** and **baby spinach leaves** until the spinach has just wilted. Season to taste with a **pinch** of **salt** and **pepper**.



### 6 SERVE UP!

Divide the chermoula spiced pumpkin & veggie freekeh between bowls. Crumble over the **fetta**.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet	1 packet
water*	2 cups	4 cups
chermoula spice blend	1 sachet (3 tsp)	2 sachets (1½ tbs)
freekeh	1½ packets (¾ cup)	3 packets (1½ cups)
vegetable stock	½ cube	1 cube
red onion	½	1
garlic	1 clove	2 cloves
harissa paste	1 sachet (12 g)	2 sachets (24 g)
baby spinach leaves	1 bag	1 bag
fetta	1 block (50 g)	1 block (100 g)
honey*	1 tbs	2 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1980kJ (474Cal)	324kJ (77Cal)
Protein (g)	20.0g	3.3g
Fat, total (g)	10.8g	1.8g
- saturated (g)	5.0g	0.8g
Carbohydrate (g)	66.8g	10.9g
- sugars (g)	27.4g	4.5g
Sodium (g)	1170mg	191mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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