

Spiced Cauliflower, Freekeh & Goat Cheese Salad with Toasted Almonds

Grab your Meal Kit
with this symbol



Freekeh



Vegetable Stock



Cauliflower



Carrot



Red Onion



Marinated Goat
Cheese



Souk Market
Spice Blend



Flaked Almonds



Baby Spinach
Leaves



Hands-on: 20-30 mins
Ready in: 40-50 mins



Calorie Smart

The key to making a killer salad? Having a mixture of flavours and textures, and enough hearty ingredients to ensure you feel satisfied at the end. This one ticks all those boxes to make it the perfect nutritionally balanced meal.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan with lid · Oven tray lined with baking paper
· Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
water*	3½ cups	7 cups
vegetable stock	1 cube	2 cubes
cauliflower	1 portion	2 portions
carrot	1	2
red onion	1	2
marinated goat cheese	1 tub	2 tubs
Souk Market spice blend	1 sachet	2 sachets
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	2 tsp	1 tbs
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1852kJ (442Cal)	370kJ (88Cal)
Protein (g)	17.5g	3.5g
Fat, total (g)	16.2g	3.2g
- saturated (g)	4.5g	0.9g
Carbohydrate (g)	49.1g	9.8g
- sugars (g)	23.4g	4.7g
Sodium (mg)	887mg	177mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the freekeh

Preheat the oven to **220°C/200°C fan-forced**. Rinse the **freekeh**. In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Add the **freekeh** and toast until fragrant, **2 minutes**. Add the **water** and the crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil, then reduce heat to medium-high and cook until tender, **30-35 minutes**. Drain and return to the saucepan.

TIP: The freekeh is ready when it has softened but still retains some bite.

2



Prep the veggies

While the freekeh is cooking, cut the **cauliflower** into small florets. Cut the **carrot** (unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges.

TIP: Cut the veggies to size so they cook in time.

3



Roast the veggies

Place the **cauliflower**, **carrot**, **onion**, **Souk Market spice blend** and a drizzle of **oil** from the **marinated goat cheese** tub on a baking tray lined with baking paper. Season with **salt** and **pepper** and place on an oven tray lined with baking paper. Toss to combine, then roast until tender, **20-25 minutes**. Allow the veggies to cool slightly.

4



Make the dressing

In a large bowl, combine **oil** from the **marinated goat cheese** tub (1 tbs for 2 people / 2 tbs for 4 people) with the **vinegar** and **honey**. Season with **salt** and **pepper** and mix well to combine. Set aside. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**.

5



Toss the salad

Add the **baby spinach leaves**, roast **veggies** and **freekeh** to the **dressing** and toss well to combine.

6



Serve up

Divide the spiced cauliflower salad between plates. Break the **goat cheese** into small chunks and scatter over the salad. Sprinkle with the toasted almonds.

Enjoy!