



Chermoula Cauliflower & Freekeh Bowl

with Tahini & Zesty Hazelnuts

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock Powder



Cauliflower



Parsnip



Courgette



Red Onion



Chermoula Spice Blend



Roasted Hazelnuts



Baby Spinach Leaves



Lemon



Currants



Mint



Tahini

- Hands-on: **20-30 mins**
- Ready in: **40-50 mins**
- Calorie Smart

This delightful dish is a celebration of wholesome roasted veggies with freekeh and fresh mint. Add Chermoula spices for extra flavour, then top it off with a drizzle of tahini and a sprinkle of zesty hazelnuts.

Pantry items

Olive Oil

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 a lid · Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekah	1 packet	2 packets
water*	3½ cups	7 cups
vegetable stock powder	1 sachet	1 sachet
cauliflower	1 head	2 heads
parsnip	1	2
courgette	1	2
red onion	1 (medium)	1 (large)
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
roasted hazelnuts	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
currants	1 packet	2 packets
mint	1 bunch	1 bunch
tahini	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2057kJ (491Cal)	348kJ (83Cal)
Protein (g)	20.2g	3.4g
Fat, total (g)	17.8g	3g
- saturated (g)	1.5g	0.3g
Carbohydrate (g)	59.2g	10g
- sugars (g)	24.4g	4.1g
Sodium (mg)	1409mg	238mg

The quantities provided above are averages only.

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the freekeh

Preheat the oven to **240°C/220°C fan-forced**. Rinse the **freekah**. In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **freekah** and toast until fragrant, **2 minutes**. Add the **water** and the **vegetable stock powder**. Bring to the boil, then reduce the heat to medium and cook until tender, **25-30 minutes**. Drain well and return to the saucepan.



Toast the hazelnuts

Heat a medium frying pan over a medium-high heat. Add the **hazelnuts** and **lemon zest** and toast until fragrant, **1-2 minutes**. Season with **salt** and **pepper**. Remove from the heat and set aside.



Roast the veggies

While the freekeh is cooking, cut the **cauliflower** into small florets. Cut the **parsnip** and **courgette** into bite-sized chunks. Slice the **red onion** into wedges. Place the **veggies**, **chermoula spice blend** and the **salt** on a lined oven tray. Drizzle with **olive oil** and season with **pepper**. Toss to coat and roast until tender, **25-30 minutes**.



Bring it all together

Add the roasted **veggies**, **currants** and **baby spinach** to the **freekah** and stir to combine.



Get prepped

While the veggies are roasting, roughly chop the **roasted hazelnuts** and **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges.



Serve up

Pick and thinly slice the **mint** leaves. Divide the chermoula roast veggie freekeh between bowls. Top with the **tahini** and sprinkle with the zesty hazelnuts. Garnish with the mint. Serve with any remaining lemon wedges.

Enjoy!

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