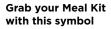
# **Dukkah-Crusted Lamb & Freekeh Salad**

with Walnuts & Feta









**Red Onion** 







Beetroot





Vegetable Stock



Walnuts







Dukkah



**Rocket Leaves** 



Feta

## 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

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

## Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
red onion	1 (medium)	1 (large)	
kumara	1 (medium)	1 (large)	
beetroot	1	2	
water*	2 cups	4 cups	
freekeh	1 packet	2 packets	
vegetable stock	1 sachet	1 sachet	
walnuts	1 packet	2 packets	
parsley	1 bunch	1 bunch	
lamb leg steak	1 packet	1 packet	
dukkah	1 sachet	2 sachets	
balsamic vinegar*	1 tbs	2 tbs	
rocket leaves	<b>1 bag</b> (30g)	1 bag (60g)	
feta	1 packet (25g)	1 packet (50g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2440kJ (583Cal)	<b>565kJ</b> (135Cal)
Protein (g)	46.2g	10.7g
Fat, total (g)	21.1g	4.9g
- saturated (g)	7.2g	1.7g
Carbohydrate (g)	48.0g	11.1g
- sugars (g)	15.9g	3.7g
Sodium (g)	682mg	158mg

#### **Allergens**

Always read product labels for the most up-to-date allergen information.
Visit HelloFresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Slice the red onion into 2cm wedges. Cut the kumara (unpeeled) into 2cm chunks. Cut the beetroot (unpeeled) into 1cm chunks. Place the veggies on an oven tray lined with baking paper, drizzle with olive oil and season with a pinch of salt and pepper. Roast until tender, 25-30 minutes.

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



#### 2. Cook the freekeh

While the veggies are roasting, bring the water to the boil in a medium saucepan. Rinse the freekeh, then add the freekeh to the saucepan of boiling water with the vegetable stock. Reduce the heat to medium and simmer until tender, 15-18 minutes. Drain and set aside.

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



#### 3. Toast the walnuts

When the veggies have **15 minutes** cook time remaining, heat a large frying pan over a mediumhigh heat. Add the **walnuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Roughly chop the **parsley** leaves.



## 4. Cook the lamb steaks

Place the **lamb leg steak** on a plate and **drizzle** with **olive oil**. Spread the **dukkah** on a second plate in an even layer. Lay each **lamb leg steak** on the **dukkah**, flipping to coat. Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the pan is very hot, add the **lamb** and cook for **2 minutes** on each side for medium (depending on thickness). Transfer to a plate and rest for **5 minutes**.

**TIP:** This will give you a medium steak. Cook for a little less if you like it rare, or a little longer for well done.

**TIP:** Don't worry if the dukkah chars slightly in the pan, it adds to the flavour.



## 5. Make the salad

In a medium bowl, combine olive oil (1 tbs for 2 people/ 2 tbs for 4 people) and the balsamic vinegar. Add the freekeh, roasted veggies, rocket leaves, parsley, and a pinch of salt and pepper to the bowl. Toss to combine.

**TIP:** Allow the veggies and freekeh to cool slightly before adding to the bowl.



# 6. Serve up

Thinly slice the lamb. Divide the freekeh salad between bowls and top with the dukkah-crusted lamb. Crumble over the **feta** and top with the toasted walnuts.

# Enjoy!

Please call us with any questions or concerns | (09) 886 9589

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