



# Dukkah-Crusted Lamb & Freekeh Salad

with Walnuts & Feta

Grab your Meal Kit  
with this symbol



Red Onion



Kumara



Beetroot



Freekeh



Vegetable Stock



Walnuts



Parsley



Lamb Leg  
Steak



Dukkah



Rocket Leaves



Feta

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

Get 'freekeh' with this succulent dukkah-crusted lamb and roast veggie salad, packed with loads of colour and flavour, with an added crunch of walnuts and crumbly feta to top it off. This dish might just have it all!

## Pantry items

Olive Oil, Balsamic Vinegar



## Before you start

Remember for 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 · Large frying pan  
Medium saucepan · Large frying pan

### Ingredients

	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	1 bag (30g)	1 bag (60g)
feta	1 packet (25g)	1 packet (50g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2440kJ (583Cal)	565kJ (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](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.



### 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.



### 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.



### 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.



### 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.



### 3. Toast the walnuts

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



### 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!