



Dukkah-Roasted Cauliflower & Freekeh Salad

with Garlic Yoghurt

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock Powder



Cauliflower



Dukkah



Parsnip



Carrot



Beetroot



Red Onion



Yoghurt



Roasted Almonds



Mint



Baby Spinach Leaves

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

This delightful dish is a celebration of wholesome roasted veggies with freekeh and fragrant mint. Add dukkah and roasted almonds for extra flavour and crunch, then top it off with a drizzle of garlicky yoghurt.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine), 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 · Two oven trays lined with baking paper · Medium 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 powder	1 sachet	1 sachet
cauliflower	1 portion (400g)	2 portions (800g)
dukkah	1 sachet	1 sachet
parsnip	1	2
carrot	1	2
beetroot	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
yoghurt	1 small packet	1 large packet
roasted almonds	1 packet	2 packets
mint	1 bunch	1 bunch
vinegar* (white wine or red wine)	1 tbs	2 tbs
honey*	1½ tsp	1 tbs
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2100kJ (502Cal)	363kJ (87Cal)
Protein (g)	22.4g	3.9g
Fat, total (g)	16.9g	2.9g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	55.5g	9.6g
- sugars (g)	28.1g	4.9g
Sodium (mg)	1040mg	179mg

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. 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 **vegetable stock powder**. Bring to the boil, then reduce the heat to medium-high and cook until tender, **25-30 minutes**. Drain and return to the saucepan.

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



4. Make the garlic yoghurt

Heat a medium frying pan over a medium-high heat with a drizzle of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **yoghurt** to the **garlic oil** and stir to combine. Season to taste and set aside.



2. Get prepped

While the freekeh is cooking, cut the **cauliflower** into small florets. Place the **cauliflower**, **dukkah** and a **drizzle** of **olive oil** on an oven tray lined with baking paper and toss to coat. Cut the **parsnip** (unpeeled) into 2cm chunks. Cut the **carrot** and **beetroot** (both unpeeled) into 1cm chunks. Slice the **red onion** into 2cm wedges.

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



3. Roast the veggies

Place the **parsnip**, **carrot**, **beetroot**, **onion**, a **pinch** of **salt** and **pepper** and a **drizzle** of **olive oil** on a second oven tray lined with baking paper. Toss to coat and roast both trays until tender, **25-30 minutes**. Allow to cool slightly.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



5. Finish the salad

Roughly chop the **roasted almonds**. Pick and thinly slice the **mint** leaves. In a large bowl, combine **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**), the **vinegar**, **honey** and a **pinch** of **salt** and **pepper**. Add the cooked **freekeh**, the **mint**, roasted **parsnip**, **carrot**, **beetroot**, **onion** and the **baby spinach leaves**. Toss to combine.



6. Serve up

Divide the roast veggie freekeh salad between plates and top with the dukkah cauliflower. Sprinkle with any dukkah remaining on the oven tray. Spoon over the garlic yoghurt and sprinkle with the roasted almonds.

Enjoy!