



North African Spiced Pumpkin & Freekeh Salad

with Garlic Yoghurt & Pistachios

Grab your Meal Kit with this symbol



Red Onion



Garlic



Cucumber



Peeled & Chopped Pumpkin



Ras El Hanout



Freekeh



Vegetable Stock Powder



Pumpkin Seeds (Pepitas)



Pistachios



Yoghurt



Baby Spinach Leaves



Currants



Feta

Hands-on: **15-20** mins
Ready in: **30-40** mins

Turn a simple salad into something special with the addition of freekeh, an ancient grain that adds a toasted, nutty flavour and great texture. With mildly spiced pumpkin and a creamy garlic yoghurt, this is a substantial dinner packed with all the good stuff!

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

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 ·
Large saucepan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
ras el hanout	1 sachet	1 sachet
freekeh	1 packet	2 packets
water*	2 cups	4 cups
vegetable stock powder	1 sachet	1 sachet
pumpkin seeds (pepitas)	1 packet	2 packets
pistachios	1 packet	2 packets
yoghurt	1 small packet	1 large packet
vinegar* (white wine or red wine)	2 tsp	4 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
currants	1 packet	2 packets
feta	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2650kJ (634Cal)	471kJ (113Cal)
Protein (g)	27.0g	4.8g
Fat, total (g)	28.1g	5.0g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	63.1g	11.2g
- sugars (g)	31.8g	5.6g
Sodium (mg)	752mg	133mg

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. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Slice the **red onion** into 2cm wedges. Finely chop the **garlic** (or use a garlic press). Roughly chop the **cucumber**.



2. Roast the veggies

Place the **onion** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Sprinkle with the **ras el hanout** and toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**. Set aside to cool slightly.



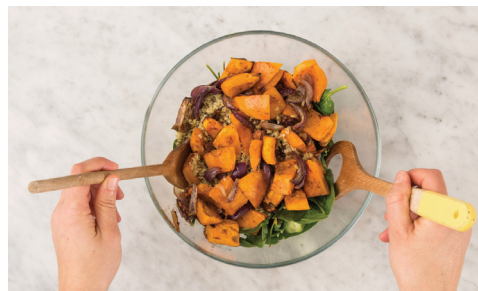
3. Cook the freekeh

While the veggies are roasting, 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 to a simmer and cook until tender, **30-35 minutes**. Drain and return to the saucepan.



4. Make the garlic yoghurt

While the freekeh is cooking, heat a medium frying pan over a medium-high heat. Add the **pumpkin seeds** and **pistachios** and toast, tossing, until golden and fragrant, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat and add **olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and the **garlic**. Cook until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl and allow to cool for **5 minutes**. Add the **yoghurt** to the **garlic oil** and whisk to combine. Season to taste.



5. Toss the salad

In a large bowl, combine the **vinegar**, a **generous drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the **baby spinach leaves**, **currants**, cooled **freekeh** and roasted **veggies** and toss well to coat. Add the **cucumber** and crumble in the **feta**.



6. Serve up

Divide the freekeh and roast veggie salad between plates. Top with the garlic yoghurt and sprinkle with the toasted pumpkin seeds and pistachios.

Enjoy!