



APR
2017

Feel-Good Freekeh Salad

with Brussels Sprouts, Roasted Butternut Squash and Apple

Don't settle for another night of boring brown rice. Instead, bulk things up with freekeh. This whole grain is all the rage, and we have a feeling its nutty bite, fire-roasted smokiness and high-fibre content may have something to do with that.



Freekeh



Butternut Squash



Brussels Sprouts



Gala Apple



Lemon



Shallot



Chili Flakes




Honey



Parmesan Cheese

Ingredients

	1)	2 People
Freekeh	1)	1 pkg (170 g)
Butternut Squash, cubed		1 pkg (340 g)
Brussels Sprouts		1 pkg (340 g)
Gala Apple		1
Lemon		1
Shallot		1
Chili Flakes 		1 pkg (½ tsp)
Honey		½ pkg (½ tbsp)
Parmesan Cheese	2)	1 pkg (½ cup)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Medium Pot, Measuring Cups, Baking Sheet, Zester, Measuring Spoons, Large Bowl, Whisk

Ruler

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Nutrition per person Calories: 712 cal | Fat: 15 g | Protein: 33 g | Carbs: 121 g | Fibre: 26 g | Sodium: 451 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the oven to 400°F (to roast the veggies). Start prepping when the oven comes up to temperature!

2 Roast the veggies: Wash and dry all produce. In a medium pot, bring **1½ cups salted water** to a boil. Cut the **Brussels sprouts** in half (or into quarters if they are large). Toss the **butternut squash** and Brussels sprouts on a baking sheet with a drizzle of **oil**. Season with **salt, pepper** and as much **chili flakes** as you like. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.



3 Cook the freekeh: Meanwhile, add the **freekeh** to the boiling water. Reduce the heat to low. Simmer, covered, until tender and water has been absorbed, 15-18 min.

4 Prep: Meanwhile, zest and juice the **lemon**. Peel and finely chop **2 tbsp shallot**. Cut the **apple** into ½-inch cubes.



5 Make the citronette: In a large bowl, whisk together the **honey, shallot, lemon zest, lemon juice** and a drizzle of **oil**. Season with **salt** and **pepper**. Add the **apple** to the dressing.

6 Finish and serve: When the **freekeh** and **veggies** are done cooking, stir them into the **dressing**. Toss everything to combine. Divide into bowls and sprinkle with **Parmesan**. Enjoy!

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