



# Dukkah Beef & Freekeh Bowl

with Roasted Veggies & Dill Yoghurt

Grab your Meal Kit with this symbol



Freekeh



Carrot



Yellow Squash



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Beef Strips



Dukkah



Dill



Greek-Style Yoghurt



Baby Spinach Leaves

Hands-on: 25-35 mins  
 Ready in: 40-50 mins

Calorie Smart

If you haven't tried freekeh, give this colourful bowl a try. Stirring roasted veggies and spinach through this protein-rich ancient grain brings it to life, while the addition of succulent dukkah beef strips delivers a nutritionally balanced meal everyone will love.

## Pantry items

Olive Oil

## 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekah	1 packet	2 packets
water*	3¾ cups	7½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
yellow squash	1 bag (100g)	1 bag (200g)
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chermoula spice blend	1 sachet	2 sachets
beef strips	1 small packet	1 medium packet
dukkah	1 sachet	2 sachets
dill	1 bunch	1 bunch
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2306kJ (551Cal)	464kJ (110Cal)
Protein (g)	51.2g	10.3g
Fat, total (g)	12.8g	2.6g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	50.3g	10.1g
- sugars (g)	17.7g	3.6g
Sodium (mg)	1184mg	238mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the freekeh

Preheat the oven to **220°C/200°C fan-forced**. Rinse the **freekah**. In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the **freekah** and toast until fragrant, **2 minutes**. Add the **water** and the **salt** and bring to the boil, then reduce to a simmer and cook until tender, **30-35 minutes**. Drain well and return to the saucepan.



## Make the dill yoghurt

Roughly chop the **dill**. In a small bowl, combine the **Greek-style yoghurt** and **dill**. Set aside.



## Roast the veggies

While the freekeh is cooking, cut the **carrot** (unpeeled) and **yellow squash** into 2cm chunks. Spread the **peeled & chopped pumpkin, carrot** and **squash** onto an oven tray lined with baking paper. Sprinkle over the **chermoula spice blend**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.



## Cook the beef

Heat a large frying pan over a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate. Add the **roasted veggies** and **baby spinach leaves** to the **freekah** and stir to combine. Season with **salt** and **pepper**.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.



## Flavour the beef

While the veggies are roasting, combine the **beef strips, dukkah** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Set aside.



## Serve up

Divide the roasted veggie freekeh between bowls and top with the dukkah beef. Serve with the dill yoghurt.

Enjoy!