



Honey-Thyme Haloumi & Freekeh Bowl

with Roasted Veggies & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Garlic



Freekeh



Vegetable Stock



Tomato



Carrot



Peeled & Chopped Pumpkin



Baby Spinach Leaves



Lemon



Haloumi



Thyme



Creamy Pesto Dressing



Flaked Almonds

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

It's time to get a little 'freekeh' in the kitchen tonight! This ancient grain adds a toasted, nutty flavour with great texture to a hearty bowl of roasted veggies and squeaky haloumi, coated in honey and thyme. Drizzle over some creamy pesto dressing for a winner dinner.

Pantry items

Olive Oil, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
freekeh	1 packet	2 packets
water* (for the freekeh)	3½ cups	7 cups
vegetable stock	1 sachet	1 sachet
tomato	1	2
carrot	2	4
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
haloumi	1 block	2 blocks
thyme	1 bunch	1 bunch
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water* (for the dressing)	1 tsp	2 tsp
flaked almonds	1 packet	2 packets
honey*	2 tsp	4 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3080kJ (737Cal)	588kJ (141Cal)
Protein (g)	32.0g	6.1g
Fat, total (g)	44.0g	8.4g
- saturated (g)	17.2g	3.3g
Carbohydrate (g)	48.4g	9.2g
- sugars (g)	23.3g	4.4g
Sodium (g)	1420mg	270mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the freekeh

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Rinse the **freekeh**. In a medium saucepan, heat a **drizzle of olive oil** over medium-high heat. Add the **garlic** and **freekeh** and toast until fragrant, **2 minutes**. Add the **water (for the freekeh)** and **vegetable stock**. Bring to the boil, then cook over a medium-high heat until tender, **30-35 minutes**. Drain and return to the saucepan.

TIP: Add a splash of water if the freekeh looks dry.

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



4. Cook the haloumi

Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **haloumi** to the pan and cook until golden brown, **2 minutes** each side. Reduce the heat to medium and add the **honey** and **thyme**. Cook until fragrant, turning the haloumi to coat, **1 minute**.



2. Roast the veggies

While the freekeh is cooking, cut the **tomato** into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm half-moons. Place the **tomato, carrot** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.

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



5. Finish the freekeh

When the freekeh is done, add the **baby spinach**, roasted **veggies** and a **generous squeeze of lemon juice**. Toss to combine and season to taste with **salt** and **pepper**.



3. Get prepped

While the veggies are roasting, roughly chop the **baby spinach leaves**. Zest the **lemon** (see **ingredients list**) to get a **generous pinch**, then slice into wedges. Cut the **haloumi** into 1cm-thick slices. Pick the **thyme** leaves. In a small bowl, combine the **creamy pesto dressing, lemon zest** and **water (for the dressing)**. Set aside.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.



6. Serve up

Divide the roast veggie freekeh between bowls. Top with the honey-thyme haloumi. Drizzle over the creamy pesto dressing and garnish with toasted almonds.

Enjoy!