



Moroccan Spiced Freekeh

with Roasted Squash

Veggie

35 Minutes



-  Butternut Squash, cubes
-  Moroccan Spice Blend
-  Freekeh
-  Vegetable Broth Concentrate
-  Garlic
-  Baby Spinach
-  Feta Cheese, crumbled
-  Almonds, sliced
-  Onion, chopped
-  Indian Spice Mix
-  Sultana Raisins

HELLO FREEKEH

An ancient grain made from durum wheat!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Butternut Squash, cubes	340 g	680 g
Moroccan Spice Blend	1 tsp	1 tsp
Freekeh	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Garlic	6 g	12 g
Baby Spinach	113 g	227 g
Feta Cheese, crumbled	¼ cup	½ cup
Almonds, sliced	28 g	56 g
Onion, chopped	56 g	113 g
Indian Spice Mix	½ tbsp	1 tbsp
Sultana Raisins	28 g	56 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook freekeh

Combine **freekeh**, **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil, then reduce heat to low. Simmer, still covered, until **liquid** is absorbed, 25-28 min.



Roast squash

While **freekeh** cooks, toss **squash**, **1 tsp Moroccan Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown and tender, 22-24 min.



Prep & toast almonds

While **squash** roasts, peel, then mince or grate **garlic**. Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



Cook spiced onions

Add **1 tbsp oil** (dbl for 4 ppl), then **onions** to the same pan. Cook, stirring occasionally, until softened, 2-3 min. Add **garlic** and **½ tbsp Indian Spice Mix** (dbl for 4 ppl). Cook, stirring often, until fragrant, 30 sec. Transfer **spiced onions** to a small bowl.



Finish freekeh

When **freekeh** is done, add **spiced onions**, **spinach**, **half the raisins** and **half the almonds** to the pot. Stir together, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**.



Finish and serve

Divide **freekeh** between plates and top with **roasted squash**. Crumble over **feta**, then sprinkle with **remaining raisins** and **remaining almonds**.

Dinner Solved!