

Dukkah-Roasted Pumpkin Wedges & Freekeh

with Mustard-Apricot Dressing & Feta

Grab your Meal Kit with this symbol



Peeled Pumpkin



Parsnip



Broccolini



Red Onion



Dukkah



Slivered Almonds



Freekeh



Garlic & Herb Seasoning



Apricot Sauce



Wholegrain Mustard



Salad Leaves



Herbs



Feta

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 20-30 mins
Ready in: 40-50 mins

Let's get freekeh (pronounced free-kuh)! Sorry. We had to. Freekeh is an ancient grain and nutrition powerhouse often mentioned alongside superfood heroes like quinoa and farro. With its roasted nuttiness, it's our new favourite base for a nourishing bowl of big flavours. You're gonna love it.

Pantry items

Olive Oil, White Wine Vinegar, 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

Two oven trays lined with baking paper ·
Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet (400g)	1 packet (800g)
parsnip	1	2
broccolini	1 bunch	1 bunch
red onion	1 (medium)	1 (large)
dukkah	1 sachet	1 sachet
slivered almonds	1 packet	2 packets
freekeh	1 packet	2 packets
water*	3½ cups	7 cups
garlic & herb seasoning	1 sachet	1 sachet
apricot sauce	30g	60g
white wine vinegar*	1 tsp	2 tsp
wholegrain mustard	20g	40g
honey*	1 tsp	2 tsp
salad leaves	1 bag (30g)	1 bag (60g)
herbs	1 bunch	1 bunch
feta	1 block (50g)	1 block (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2539kJ (606Cal)	507kJ (121Cal)
Protein (g)	24.3g	4.9g
Fat, total (g)	27.2g	5.4g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	62.5g	12.5g
- sugars (g)	25.2g	5g
Sodium (mg)	1291mg	258mg

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.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **peeled pumpkin** into 1cm wedges. Cut the **parsnip** (unpeeled) into 2cm chunks. Trim and halve the **broccolini**. Cut the **red onion** into **2cm** wedges. Place the **pumpkin** on an oven tray lined with baking paper and sprinkle over the **dukkah**. Place the **parsnip** and **onion** a second oven tray lined with baking paper. Drizzle both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat.

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



Make the dressing

While the freekeh is cooking, combine the **apricot sauce**, **white wine vinegar**, **wholegrain mustard** (see ingredients), **honey** and **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people) in a small bowl. Season with **salt** and **pepper**. Set aside.



Roast the veggies

Place the **pumpkin** on the top oven shelf and the **veggies** on the bottom shelf and roast for **20 minutes**. After **20 minutes** of cook time, remove the tray of veggies from the oven, then add the **broccolini**, **slivered almonds** and a drizzle of **olive oil**. Toss to coat, then return to the oven. Roast until the veggies are tender and the almonds are golden, **5 minutes**.



Bring it all together

Roughly chop the **salad leaves**. Add the roasted **broccolini**, **onion**, **parsnip**, toasted **almonds** and **salad leaves** to the **freekeh**. Gently toss to combine and season to taste.



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 the **garlic & herb seasoning**. Bring to the boil, then reduce to a simmer and cook until tender, **30-35 minutes**. Drain the **freekeh** well and return to the saucepan.

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



Serve up

Thinly slice the **herbs**. Divide the freekeh between bowls. Top with the dukkah-roasted pumpkin wedges. Drizzle over the mustard apricot dressing. Crumble over the **feta** and garnish with the herbs.

Enjoy!