



Salmon & Herbed Freekeh

with Roasted Veggies & Lemon Yoghurt

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock



Carrot



Beetroot



Brown Onion



Smoked Paprika



Lemon



Greek Yoghurt



Salmon



Mint

Hands-on: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

Eat me first

If you're looking for something wholesome and nutritionally balanced tonight, you can't go past this perfectly portioned plate of salmon, freekeh and veggies. For the perfect crunchy texture, allow the pan to get nice and hot before you cook the salmon, skin-side down. It gives a crisp result everytime.

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
water*	4 cups	8 cups
vegetable stock	1 cube	2 cubes
carrot	1	2
beetroot	1	2
brown onion	1	2
smoked paprika	1 sachet	2 sachets
lemon	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)
salmon	1 packet	2 packets
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2663kJ (636Cal)	502kJ (119Cal)
Protein (g)	37.7g	7.1g
Fat, total (g)	30g	5.7g
- saturated (g)	7g	1.3g
Carbohydrate (g)	46.5g	8.8g
- sugars (g)	25.1g	4.7g
Sodium (mg)	706mg	133mg

Allergens

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

Visit 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 **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 crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil then reduce to a simmer and cook until tender, **30-35 minutes**. Drain and return to the saucepan.



Cook the salmon

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Season the **salmon** with **salt** and **pepper** on both sides. When the oil is hot, cook the **salmon**, skin-side down first, and cook until just cooked through, **3-4 minutes** each side (depending on thickness).

TIP: Salmon can be served slightly blushing pink in the centre.



Roast the veggies

While the freekeh is cooking, cut the **carrot** (unpeeled) and **beetroot** into 1cm chunks. Cut the **brown onion** into 2cm wedges. Place the **carrot**, **beetroot** and **onion** on an oven tray lined with baking paper. Drizzle with **olive oil** and sprinkle with the **smoked paprika**. Season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

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

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Make the salad

Pick and roughly chop the **mint** leaves. In a large bowl, combine the **freekeh**, **roasted veggies**, **lemon zest**, a drizzle of **olive oil** and the **mint** (reserve a little for garnish!). Season to taste.



Make the lemon yoghurt

While the veggies are roasting, zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **Greek yoghurt** and a generous squeeze of **lemon juice**. Season to taste.



Serve up

Divide the herbed freekeh and salmon between plates. Drizzle with the lemon yoghurt and sprinkle with the reserved mint. Serve with any remaining lemon wedges.

Enjoy!