

# Roasted Broccoli & Freekeh Salad

with Lemon Yogurt & Barrel-Aged Feta Cheese

**TIME:** 35-45 minutes

**SERVINGS:** 2

Roasted vegetables, pickled peppers, dates, and more liven up this Mediterranean-inspired grain salad, served with lemon-brightened yogurt for dolloping on top.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



## Ingredients



2/3 cup  
CRACKED  
FREEKEH



1/2 cup  
SHEEP'S MILK  
YOGURT



2  
CARROTS



1 bunch  
MINT



2 cloves  
GARLIC



1  
MEYER LEMON



1 lb  
BROCCOLI

## KNICK KNACKS:



3  
DRIED MEDJOL  
DATES



2 Tbsps  
PICKLED  
PERUVIAN  
PEPPERS



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



2 Tbsps  
SLICED ROASTED  
ALMONDS



1 1/2 oz  
BARREL-AGED  
FETA CHEESE



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### 1 Prepare & roast the vegetables:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Line a sheet pan with aluminum foil.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small pieces. Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces.
- ☐ Place on the sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



### 2 Cook the freekeh:

- ☐ While the vegetables roast, peel 1 **garlic clove**; using the side of your knife, gently smash to flatten.
- ☐ Add the smashed garlic and **freekeh** to the pot of boiling water. Cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

### 3 Prepare the remaining ingredients:

- ☐ While the freekeh cooks, using a peeler, remove the yellow rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Peel and finely chop the **remaining garlic clove**; using the side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Pit and roughly chop the **dates**.
- ☐ Pick the **mint** leaves off the stems; discard the stems.



### 4 Make the lemon yogurt:

- ☐ While the freekeh continues to cook, in a bowl, combine the **yogurt**, **lemon zest**, **the juice of 1 lemon wedge**, and **as much of the garlic paste as you'd like**. Drizzle with olive oil and season with salt and pepper to taste.

### 5 Finish the salad:

- ☐ To the pot of **cooked freekeh**, add the **peppers**, **almonds**, **chopped dates**, **roasted vegetables**, **the juice of the remaining lemon wedges**, **half the mint leaves** (tearing just before adding), and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with olive oil and stir to combine. Season with salt and pepper to taste.



### 6 Serve your dish:

- ☐ Garnish the **finished salad** with the **remaining mint leaves** (tearing just before adding), **cheese** (crumbling before adding), and a drizzle of olive oil. Serve with the **lemon yogurt** on the side. Enjoy!