

Roasted Brussels Sprout & Freekeh Salad

with Lemon Yogurt & Barrel-Aged Feta

TIME: 30-40 minutes

SERVINGS: 2

This Mediterranean-inspired grain salad is brimming with varied, vibrant flavors. Nutty freekeh and roasted Brussels sprouts get pops of sweetness from pickled peppers and dates, balanced by briny crumbled Feta. To dollop on top, we're serving lemon-seasoned yogurt for extra brightness.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



2/3 cup
CRACKED
FREEKEH



2
CARROTS



1 bunch
MINT



2 cloves
GARLIC



1
LEMON



3/4 lb
BRUSSELS
SPROUTS

KNICK KNACKS:



2
DRIED MEDJOL
DATES



2 Tbsps
PICKLED
PERUVIAN
PEPPERS



1/4 tsp
CRUSHED RED
PEPPER FLAKES



2 Tbsps
ROASTED
ALMONDS



1 3/4 oz
BARREL-AGED
FETA CHEESE



1/2 cup
SHEEP'S MILK
YOGURT



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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 stem ends of the **Brussels sprouts**; halve lengthwise. Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- ☐ Place the vegetables on the sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 14 to 16 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 flat 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 flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Roughly chop the **almonds**. 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, chopped almonds and 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:

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