

Roasted Brussels Sprout & Freekeh Salad

with Pickled Raisins, Shaved Parmesan & Hazelnuts

This gourmet winter salad explores grapes in two exciting and delicious ways. First, you'll quickly pickle golden raisins, rehydrating and brightening them with rice vinegar. Second, as a finishing touch, you'll drizzle the salad with saba. Saba is made from freshly pressed grape juice, which is reduced to a sweet and tangy syrup. It perfectly highlights the Brussels sprouts (served both roasted and raw) and nutty freekeh in this satisfying meal.



Ingredients

- ½ Cup Cracked Freekeh
 - 1 Apple
 - 1 Lemon
 - ½ Pound Brussels Sprouts
 - 1 Large Bunch Parsley
- ### Knick Knacks
- 3 Tablespoons Golden Raisins
 - 3 Tablespoons Hazelnuts
 - 1 Tablespoon Rice Vinegar
 - 1 Tablespoon Saba
 - ⅓ Cup Shaved Parmesan Cheese

Makes 2 Servings

About 535 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/511

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise. Thinly slice half the Brussels sprouts crosswise. Roughly chop the hazelnuts. Pick the parsley leaves off the stems; discard the stems. 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. Core and medium dice the apple; toss with the juice of 1 lemon wedge to prevent browning.

2



Cook & dress the freekeh:

Add the **freekeh** to the pot of boiling water and cook 20 to 22 minutes, or until tender. Drain thoroughly and return to the pot. Off the heat, stir in the **lemon zest** and a drizzle of olive oil; season with salt and pepper to taste.

3



Roast half the Brussels sprouts:

While the freekeh cooks, place the **halved Brussels sprouts** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a large bowl.

4



Pickle the raisins:

While the Brussels sprouts roast, place the **raisins** in a heatproof bowl. In a small pan, combine the **vinegar**, a **pinch of salt** and **¼ cup of water**. Heat to boiling on high. Once boiling, carefully pour the mixture over the raisins and set aside to pickle, stirring occasionally, for at least 10 minutes. Rinse and dry the pan.

5



Toast the hazelnuts:

While the raisins pickle, heat the pan used to make the pickling liquid on medium until hot. Add the **hazelnuts** and toast, stirring occasionally, 3 to 4 minutes, or until lightly browned and fragrant. Transfer to a bowl.

6



Finish & plate your dish:

To the bowl of **roasted Brussels sprouts**, add the **sliced Brussels sprouts**, **apple**, **parsley**, **dressed freekeh**, **toasted hazelnuts** and **pickled raisins** (draining before adding). Add the **juice of the remaining lemon wedges** and a drizzle of olive oil; stir until thoroughly combined. Season with salt and pepper to taste. Divide the finished salad between 2 plates. Garnish with the **cheese** and a drizzle of the **saba**. Enjoy!