



Roasted Brussels Sprouts

with Freekeh, Asparagus and Feta



30-40min



2 Portions

Up your Christmas side game with this mouthwatering modern take on brussels sprouts and broccoli. Roasting the vegetables renders them soft but crunchy, with delicious charred and caramelised notes. Simply toss with crisp bacon, creamy feta and crunchy hazelnuts, then top it off with fresh fragrant tarragon and a tangy garlic dressing.

What we send

- wholegrain freekeh ¹
- roasted skinless hazelnuts ¹⁵
- broccoli
- brussel sprouts
- garlic clove, tarragon
- feta cheese ⁷
- dried cranberries
- asparagus

What you'll require

- olive oil
- salt and pepper
- sugar
- water
- white wine vinegar ¹⁷

Utensils

- baking paper
- medium saucepan
- oven tray

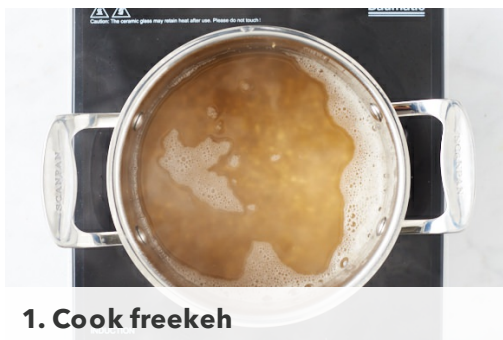
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 415kcal, Fat 29.9g, Carbs 13.1g, Proteins 17.5g



1. Cook freekeh

Preheat the oven to 220C. Put the **freekeh** in a medium saucepan with **750ml (3 cups) water** and a **pinch of salt**. Bring to the boil, then reduce heat to medium and cook, covered, for 25 mins or until tender. Drain.



4. Prepare ingredients

Put the tray with the **Brussels sprouts and broccoli** on a higher shelf in the oven and roast. After 15 mins, put tray with the **asparagus and garlic** on a lower shelf and roast for a further 5 mins or until the vegetables are golden and tender. Meanwhile, crumble the **feta**. Coarsely chop the **hazelnuts** and **cranberries**. Pick and finely chop the **tarragon** leaves.



2. Prepare vegetables

Meanwhile, trim and halve the **Brussels sprouts**. Cut the **broccoli** into bite-size pieces, including the stem. Trim the woody ends of the **asparagus** and halve crosswise.



3. Roast vegetables

Line two oven trays with baking paper. Put the **Brussels sprouts** and **broccoli** on one tray. Drizzle with **2 tsp oil**, season with **salt and pepper** and toss to coat. Put the **asparagus** and **unpeeled garlic clove** on the second tray, drizzle with **2 tsp oil** and season with **salt and pepper**.



5. Prepare dressing

Squeeze the flesh from the **garlic clove** onto a board and squash with the flat side of a knife until smooth. Put the garlic, **tarragon, 50ml oil, 2 tbs vinegar** and **¼ tsp sugar** in a small bowl, season with **salt and pepper** and whisk to combine.



6. Get ready to serve

Put the **freekeh, Brussels sprouts, broccoli, asparagus, hazelnuts, cranberries, feta** and **dressing** in a large bowl, then toss to combine and serve.