



## Roasted Brussels Sprouts

with Freekeh, Asparagus and Feta



30-40min



4 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

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

## What you'll require

- olive oil
- salt and pepper
- sugar
- water
- white wine vinegar <sup>17</sup>

## Utensils

- baking paper
- medium saucepan
- oven tray

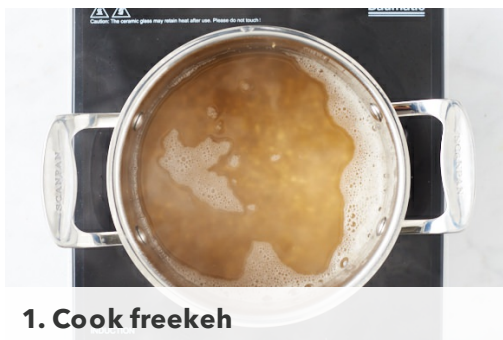
Our vegies come fresh from the farm, so please wash them before use.

## 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 large saucepan with **1.5L (6 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

Place the tray with the **Brussels sprouts and broccoli** on a higher shelf of the oven and roast. After 15 mins, put the tray with **asparagus and garlic** on a lower shelf and roast for a further 5 mins 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 **1 tbs oil**, season with **salt and pepper** and toss to coat. Put the **asparagus** and **unpeeled garlic cloves** on the second tray, drizzle with **1 tbs 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, 100ml oil, 80ml (1/3 cup) vinegar** and **1/2 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.