



Beetroot and Freekeh Salad

with Feta and Walnuts



20-30min



4 Portions

Clean eating is so easy with this luscious salad which uses classical pairings to delicious effect. Earthy beetroot is partnered with Meredith Dairy marinated goat cheese, toasted walnuts, and fresh mint. Add nutty freekeh and this healthy billing is super satisfying too.

What we send

- marinated goat cheese ⁷
- freekeh ¹
- walnuts ¹⁵
- beetroot
- green beans
- mint
- 2 celery stalks

What you'll require

- Dijon mustard ¹⁷
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- medium frypan
- medium saucepan with lid
- sieve
- small saucepan with lid

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.

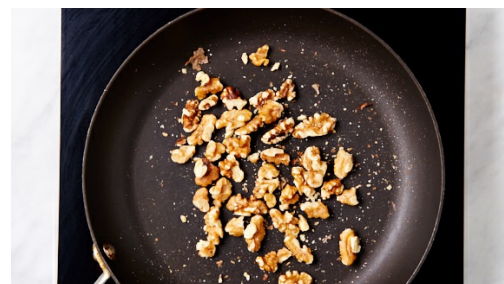
Nutrition per serving

Energy 599kcal, Fat 30.6g, Carbs 58.7g, Proteins 20.5g



1. Cook freekeh

Rinse the **freekeh** well, then put in a medium saucepan of water and bring to the boil. Reduce the heat to medium and cook, partially covered, for 15-18 mins until tender. Drain.



2. Toast walnuts

Meanwhile, bring a medium saucepan of salted water to the boil for the beans. Put the **walnuts** in a cold small frypan over medium heat. Cook, tossing, for 2-3 mins until toasted. Remove from the pan and allow to cool slightly, then coarsely chop.



3. Prepare vegetables

Trim the **beans**, then cut into thirds on an angle. Drain the **beetroot** and cut into wedges. Thinly slice the **celery**. Coarsely chop the **mint** leaves, discarding the stems.



4. Cook beans

Cook the **beans** in the pan of boiling water for 2 mins or until tender. Drain.



5. Make dressing

Drain **2 tbs oil from the marinated goat cheese** into a large bowl. Add **2 tbs red wine vinegar** and **2 tsp Dijon mustard**, season with **salt and pepper** and whisk to combine.



6. Get ready to serve

Add the **freekeh, walnuts, beans, celery** and **mint** to the **dressing** and toss to combine. Taste, then season with **salt and pepper**. Divide **salad** and **beetroot** among plates. Crumble over the **goat cheese** to serve.