



Spring Carrot & Snap Pea Salad

with Freekeh and Lemony Yogurt



30-40min



4 Servings

Knock-knock! Who's there? Spring! Spring who? Spring yourself from winter and enjoy this vibrant salad! Jokes aside, freekeh is an ancient grain of green wheat that has been toasted and cracked, which makes it not only super healthy, but also super quick-cooking. You'll love it. Cook, relax, and enjoy!

What we send

- lemons
- carrots
- red onion
- persian cucumber
- sugar snap peas
- fresh mint

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- fine-mesh sieve
- large pot
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

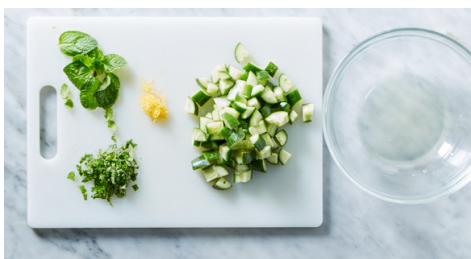
Nutrition per serving

Calories 532.0kcal, Fat 24.0g, Proteins 20.2g, Carbs 66.7g



1. Prep vegetables

Preheat oven to 450°F. Bring a large pot of **salted water** to a boil. Trim ends from **carrots**, then thinly slice on a diagonal (no need to peel!). Trim ends from **onion**, then halve, peel, and thinly slice lengthwise. Trim stem ends from **snap peas** and toss with **2 teaspoons oil**, **½ teaspoon salt**, and **a few grinds pepper**.



4. Prep ingredients

Chop **cucumbers** into ¼-inch pieces. Pick **mint leaves** from stems; coarsely chop half and leave the remaining whole. Zest **1 lemon**, then halve both lemons to squeeze **about ¼ cup lemon juice** into a large bowl.



2. Roast vegetables

Toss **carrots** and **onion** with **2 tablespoons oil** on a rimmed baking sheet and season with **1 teaspoon salt** and **a few grinds pepper**. Transfer to oven and roast until almost tender 15-20 minutes. Scatter prepared **snap peas** over the **carrots** and **onion**, and continue roasting until the snap peas are crisp tender, about 5 minutes.



5. Make dressing & yogurt

Add **¼ cup olive oil** to bowl with **lemon juice** and whisk to combine; season to taste with **salt** and **pepper**. Transfer **2 tablespoons dressing** to a medium bowl and stir in **lemon zest** and **yogurt**; season to taste with **salt** and **pepper**.



3. Cook freekeh

Meanwhile, add **freekeh** to boiling water and cook until tender, 15-18 minutes. Drain and press out excess water.



6. Dress grains & serve

Add **freekeh**, **cucumber**, and **chopped mint** to large bowl with **dressing** and toss to combine. Top **grains** with **roasted vegetables** and **a drizzle of olive oil**. Garnish with **whole mint leaves** and serve with **a dollop of yogurt on top**. Enjoy!