



Crunchy Kale and Freekeh Salad with Halloumi

Freekeh may be new to you, but it's actually ancient. It was first domesticated 10,000 years ago in the Fertile Crescent, has been found in Egyptian tombs, and is believed to have sustained the Roman legions. Today, freekeh grows in the central and northern Italian regions including Lazio, Umbria, and Tuscany.

Ingredients

- Courgette
- Kale
- Fresh Chives
- Lemon
- Halloumi
- Freekeh
- Hazelnuts
- Vegetable Stock Cube

Your Pantry

- Rapese Oil
- Salt & Pepper

Nutritional Info

Calories: 257 kcal
Carbohydrates: 21 g
Protein: 12 g
Fat: 17 g

Allergens


[Milk \(Halloumi\)](#)
[Nuts \(Hazelnuts\)](#)
[Wheat \(Freekeh\)](#)
[Celery \(Stock Cube\)](#)
[Stock Cube may also contain traces of Egg, Soya & Mustard](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven**

Pre-heat the oven to 180°C.

2) **Prepare the lemon**

Cut the lemon in half and leave aside.

3) **Make the stock**

Combine the stock cube with 300 ml of boiling water per person.

4) **Cook the freekeh**

Bring the stock to a boil and add the freekeh. Cook until tender (approx. 20 minutes).

5) **Toast the hazelnuts**

While this is happening, toast the hazelnuts in a dry pan for a few minutes until golden.

6) **Cook the courgette**

Cut the courgette into 1 cm squares. Toss these in a little rapeseed oil and some lemon juice from one half of the lemon. Place in the oven and roast for 10 minutes.

7) **Cook the kale**

Once the freekeh is cooked add the kale into the pot and cook for a further 3 minutes. Strain off the liquid, add the courgette, chopped chives and more lemon juice.

8) **Fry the halloumi**

In a little oil, fry the halloumi for a couple of minutes to get a nice colour.

9) **Plate the dish**

Serve with the halloumi on top of the salad. Garnish with hazelnuts.



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