



MUSHROOM FREEKEH BOWL

with Goat Cheese and Warm Balsamic Dressing



HELLO FREEKEH

This tiny ancient grain is hearty and commonly used in Mediterranean cooking!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 552



Freekeh



Mixed Mushrooms



Goat Cheese



Shallot



Garlic



Baby Arugula



Vegetable Broth Concentrate



Balsamic Vinegar



Thyme

BUST OUT

- Garlic Press
- Large Non-Stick Pan
- Medium Pot
- Unsalted Butter **2** (1 tbsp | 2 tbsp)
- Measuring Cups
- Measuring Spoons
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Freekeh **1** ¾ cup | 1 ½ cup
- Mixed Mushrooms 227 g | 454 g
- Goat Cheese **2** 28 g | 56 g
- Shallot 50 g | 100 g
- Garlic 6 g | 12 g
- Baby Arugula 113 g | 227 g
- Vegetable Broth Concentrate 1 | 2
- Balsamic Vinegar **9** 2 tbsp | 4 tbsp
- Thyme 7 g | 14 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 COOK FREEKEH
In a medium pot, combine **freekeh**, **broth concentrate(s)** and **1 cup water** (dbl for 4 ppl). Cover and bring to a boil, then reduce the heat to low. Simmer, still covered, until **freekeh** is tender and **liquid** has been absorbed, 25-28 min.



4 FINISH MUSHROOMS
Add **garlic** and **vinegar** to the pan with **mushrooms**. Cook, stirring together, until fragrant, 1-2 min. Remove the pan from the heat and cover to keep warm. Set aside.



2 PREP
Meanwhile, **wash and dry all produce**.* Strip **1 tbsp thyme leaves** from stems (dbl for 4 ppl). Peel, then finely chop **shallot(s)** into ¼-inch pieces. Peel, then mince or grate **garlic**. Pull **stems off mushrooms** and discard. Cut **mushroom caps** into quarters. Roughly chop **arugula**.



5 WILT ARUGULA
When **freekeh** is tender, remove the pot from the heat. Fluff **freekeh** with a fork, then season with **salt** and **pepper**. Add **arugula** and stir together until wilted, 1-2 min.



3 COOK MUSHROOMS
Heat a large non-stick pan over medium-high heat. When the pan is hot, add **2 tbsp oil** and **1 tbsp butter** (dbl for 4 ppl), then **shallots**, **thyme** and **mushrooms**. Cook, stirring occasionally, until **mushrooms** are golden-brown and **shallots** soften, 5-6 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE
Divide **freekeh** between bowls. Top with **mushroom mixture** and crumble over **goat cheese**.

MATCH-MAKING!

Mushrooms and goat cheese are a great combination on bread, pasta and even on their own!