

# Freekeh Power Bowl with Chicken

**Course:** Main Dish

**Categories:** Chicken

## Ingredients

1 1/2 Cups Freekeh  
1 Pound Ground Chicken  
1 Pound Brussel Sprouts  
1 Pound Butternut Squash  
2 oz Walnuts  
2 Shallots  
1 Lemon  
1 Gala Apple  
1 Cup Parmesan Cheese  
Salt  
Pepper  
Olio

## Directions

Adjust rack to middle position and preheat oven to 425°F. Place freekeh in a large pot with a pinch of salt and enough water to cover generously. Bring to a boil, then lower heat and reduce to a simmer. Cook until tender, 20-25 minutes. Drain and rinse under cold water. Trim brussels sprouts, then halve lengthwise through stem ends. Slice half the Brussel sprouts into thin shreds. Toss remaining Brussels sprout and squash with a drizzle of olio on a baking sheet. Season with salt and pepper. Roast in oven until tender, 20-25 minutes, tossing halfway through. In a large skillet, drizzle some olio, cook chicken, drain, and set aside in a bowl. In the same skillet that was used to cook chicken, add walnuts and toast, tossing frequently until fragrant, 2-3 minutes. Remove from pan, and place in the same bowl with chicken. In the same skillet that was used for chicken and walnuts, drizzle some olio, add shredded brussels sprouts and cook, tossing, until softened, 3-4 minutes. Season with salt and pepper. Halve and peel shallot, then mince until you have 2 TBSP. Zest lemon until you have 1/2 tsp of zest, then halve. Whisk together minced shallot, lemon zest, juice from one half of lemon, and 2 TBSP olio in a large bowl. Season with salt and pepper. Core apple, then dice into small cubes. Add freekeh, chicken, walnuts, shredded brussels sprouts, Parmesan and apple to bowl with the dressing and toss to combine. Season with salty and pepper. Divide mixture between places, then top with roasted vegies and serve.