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## Summertime Freekeh Salad

Freekeh is a grain that's very popular in Italy - you'll usually find it in soups and salads. It's got a good kick of fibre, iron and even some zinc but most importantly, it has the perfect taste and texture for this healthy July dinner.



Cracked Grain Freekeh (1 cup)



Red Pepper (1)



Spring Onion (4)



Mint (3 tbsp)



Coriander (3 tbsp)



Lemon (½)



Zahtar Spice (1 tbsp)



Olive Oil (2 tbsp)



Pomegranate Seeds (1 sachet)



Feta Cheese (1 block)


## 2 PEOPLE INGREDIENTS

- Cracked Grain Freekeh
- Red Pepper, chopped
- Spring Onion, sliced
- Mint, chopped
- Coriander, chopped

**1 cup**  
**1**  
**4**  
**3 tbsp**  
**3 tbsp**

- Lemon
- Zahtar Spice
- Olive Oil
- Pomegranate Seeds
- Feta Cheese

**½**  
**1 tbsp**  
**2 tbsp**  
**1 sachet**  
**1 block**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Freekeh is ridiculously high in fibre, offering four times more than brown rice!

### Nutritional Value per total cooked weight per person

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	555 kcal / 2311 kJ	29 g	11 g	52 g	9 g	17 g	1 g

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**1** Bring a large pot of water to the boil with a pinch of **salt**. Add the **freekeh** and continue to boil gently for 12 mins. Drain, cover with a tea towel and keep to one side until everything else is ready.

**2** Remove the core from the **red pepper** and chop into small cubes ½cm thick, if your knife skills allow. Finely slice the **spring onions**. Pick the **mint** and **coriander** leaves and then roughly chop the leaves.

3



**3** Make a dressing using the zest and juice of the **lemon**, a pinch of **salt**, the **zahtar spice** and the **olive oil** (as stated in the ingredient list). Give it all a good whisk.

**4** Mix your **freekeh** with the chopped **red pepper**, **spring onion**, **mint**, **coriander**, **pomegranate seeds** and half your dressing. Taste for seasoning and add more **salt** and **pepper** to your liking.

4



**5** Divide the salad between your bowls and top with crumbled **feta** and a drizzle more of your dressing.