

# **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.



25 mins



veggie



healthy



Cracked Grain Freekeh (1 cup)



Lemon (½)



Red Pepper (1)



Zahtar Spice (1 tbsp)



Spring Onion (4)



Olive Oil (2 thsp)



Mint (3 tbsp)



Coriander (3 thsp)



Pomegranate Seeds (1 sachet)



Feta Cheese (1 block)

### **2 PEOPLE INGREDIENTS**

<ul> <li>Cracked</li> </ul>	l Grain	Free	keh

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<ul><li>Rea</li></ul>	Pepper.	chopped	

Spring Onion, sliced

· Mint, chopped

Coriander, chopped

## 1 cup

3 tbsp

3 tbsp

Lemon Zahtar Spice Olive Oil

Feta Cheese

2 tbsp Pomegranate Seeds 1 sachet

1 block

1 tbsp

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!

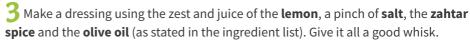
#### Nutritional Value per total cooked weight per person ...

Energy						
555 kcal / 2311 kJ						



I 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.

**Z** 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.





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.

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

