

Freekeh Salad

By Shannon Bennett

10 minutes

Preparation time

8 minutes

Cooking time

4 servings

Serves



INGREDIENTS

1 cup wholegrain Freekeh
2½ cups water
1 tablespoon golden raisins
50g sunflower seeds, toasted
30g goji berries
40g pumpkin seeds, toasted
20g slivered almonds, toasted
1/3 cup parsley, picked, washed and chopped
¼ cup coriander, picked, washed and chopped

Dressing

100ml grape seed oil
25ml honey
2 lemons juiced and zest

METHOD

Freekeh

1. Place the freekeh and water into a deep solid steam tray and cover tightly with foil.
2. Place in the Pressure Steam Oven and pressure steam for 8 minutes at 120°C.
3. Remove from the Pressure Steam Oven and allow to cool.

Dressing

1. Mix all ingredients with a whisk or in a jar with a tight lid and shake for 30 seconds.
2. Season to taste.

To Serve

1. Place all ingredients in a large bowl and mix through dressing.
2. Serve with roast chicken or tinned tuna.