



Freekeh and roasted vegetable salad

By Miele

20 minutes

Preparation time

25-30 minutes

Cooking time

6-8 servings

Serves

INGREDIENTS

120g cracked freekeh

250ml water

200g butternut pumpkin, 2cm dice

200g beetroot, 2cm dice

1 red capsicum, 2cm dice

1 red onion, 2cm dice

1 tbsp ground coriander

1 tbsp ground cumin

1 tsp smoked paprika

2 tbsp olive oil

Dressing

70g pinenuts, toasted

75g raisins

15ml olive oil

50ml lemon juice

Zest 1 lemon

1/4 bunch mint leaves, roughly

chopped

1/4 bunch coriander, roughly chopped

Salt and pepper

100g goats curd (optional)

METHOD

Freekeh

1. Place freekeh and water in an unperforated steam container and Steam at 100°C for 25 minutes.

Roast vegetables

- 1. Pre-heat oven on Fan Grill at 200°C.
- 2. In a large bowl, combine olive oil, coriander, cumin and paprika, toss to coat vegetables.
- 3. Place the vegetables onto a multi-purpose tray, shelf position 4 and cook for 25 minutes or until browned.

To serve

- 1. Combine all dressing ingredients except goats curd. Pour over cooked freekeh and mix well.
- 2. Add the grilled vegetables, season with salt and pepper and mix to combine.
- 3. Arrange the freekeh into a bowl, top with dollops of goats curd and drizzle with a little olive oil.

Hints and tips

- Freekeh or farik is a cereal food made from green durum wheat that is roasted and rubbed to create its unique flavour. If using wholegrain freekeh the cooking time will be longer. Steam at 100°C for 50 minutes.
- This salad can be served warm or cold.
- A variety of vegetables work well with this salad, however the cooking times will vary.
- Fetta can be used in place of goat's curd.