

Miele

Freekeh salad

By Maggie Beer

10 minutes

Prep time

30 minutes

Cooking time

4-6 Servings

Serves



INGREDIENTS

- 1 cup freekeh
- 1 2/3 cup water
- 1 tablespoon preserved lemons, washed and diced
- 1 tablespoon quince paste, small diced
- 1 tablespoon fresh lemon juice
- 3 tablespoon Extra-Virgin olive oil
- ¼ cup fresh mint, chopped
- ¼ cup fresh parsley, chopped
- ½ cup ricotta

METHOD

1. Place the freekeh into a solid steam tray, pour over the water, place into the steam oven and Steam at 100°C for 30 minutes until just soft but still nutty. Remove and set aside to cool, do not refrigerate.
2. Toss with preserved lemon, quince paste, add lemon juice, oil and a hand full of chopped mint.
3. Dollop ricotta on top of freekeh and serve.

Hints and tips

- Pomegranate seeds, dried fruits, roasted vegetables, soft herbs and cheeses such as feta or goats chevre can all be used with freekeh to produce a variety of delicious salads and sides.
- The technique for cooking the freekeh can be used for a variety of grains such as wild rice, barley, bulgur and quinoa.