Freekeh Salad

Equipment:

- Metric measuring scales, cups and jug
- Saucepan
- Wooden spoon
- Sieve
- Frying pan
- Chopping board
- Cook’s knife
- Mixing bowls – 1 large, 1 small
- Citrus juicer
- Serving bowls

Ingredients:

- 1 cup freekeh
- 2½ cups water
- 10 g sunflower seeds, toasted
- 10 g dried pumpkin seeds, toasted
- 1 shallot, finely diced
- ¼ cup coriander, roughly chopped (optional)
- ¼ cup parsley, roughly chopped
- ¼ cup mint, roughly chopped
- ¼ cup currants
- 1 or 2 young kale leaves very finely shredded
- Juice of ½ lemon
- 75 ml olive oil
- Salt and pepper, to taste
- 100 g goats cheese, to crumble on top
What to do:

1. Combine the freekeh and water in the saucepan, then bring to a boil and cook for one minute.
2. Reduce heat to low, cover and simmer for 25–30 minutes.
3. Drain the freekeh after cooking and set aside in a small bowl.
4. Toast the sunflower seeds, pumpkin seeds and almonds in a frying pan.
5. Combine the shallots, herbs, currants and kale, freekeh, and seeds in a large mixing bowl.
6. Drizzle the lemon juice and oil over the salad, toss and season to taste.
7. Serve with the goats cheese crumbled over the top.