

Miele

Freekeh Salad

By Shannon Bennett

10 minutes

8 minutes

4

Serves



INGREDIENTS

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

METHOD

Freekeh

1. Place the freekeh and water into a deep solid steam tray and cover tightly with foil.
2. Place in the Steam Oven and steam for 25 minutes at 100°C.
3. Remove from the 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.