

# Freekeh Salad

By Shannon Bennett

**10 minutes**

**8 minutes**

**4**

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

## 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.