

Miele

Fennel and Freekeh Salad

By Donna Hay

15 minutes

Preparation Time

36 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

3 baby fennel, fronds reserved and thinly sliced using a mandolin
175 g green beans, trimmed and cut in half lengthways
3 lemons, cut in half

Steamed freekeh

1 ½ cups (330 g) freekeh
6 lemon thyme springs
5 slices lemon peel
2 garlic cloves, halved
Salt flakes, to taste
2 cups (500 ml) water

To serve

Red vein sorrel
Extra virgin olive oil
Salt and pepper, to taste

METHOD

1. In an unperforated steam container, add the freekeh, lemon thyme, lemon peel, garlic, salt and water.
2. Place into the steam oven and Steam at 100°C for 35 minutes. Remove and set aside to cool.
3. Discard the lemon thyme, lemon peel and garlic.
4. Place the beans on a perforated steam tray and Steam at 100°C for 1 minute. Cool quickly by placing in a bowl of iced water for 1 minute, or until cool.
5. While the freekeh is steaming, place a large non-stick frying pan on high heat, induction setting 9.
6. Add the lemons, cut side down, and cook for 3–5 minutes or until caramelised and charred.

To assemble

1. Place the freekeh, fennel, beans, fennel fronds and red vein sorrel in a large bowl.
2. Drizzle with oil and gently toss to combine. Divide the salad between 6 small bowls and top with a squeeze of lemon. Season to taste.