



**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.