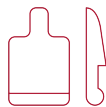




Moroccan Freekeh and Nut Salad



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 4-6

Ingredients

100 g slivered almonds
50 g pistachio
100 g macadamia
250 g Freekeh
100 ml plain yoghurt
1 tsp sumac (a little extra for garnish)
½ tsp cumin
Salt and pepper to taste
2 lemons, juice and zest
½ bunch mint, leaves removed and teared into 2-3 pieces
½ bunch flat leaf parsley, leaves removed and teared into 2-3 pieces
3-5 fresh figs, cut into 6-8 pieces each
100 g chopped dried apricots
1 punnet cherry tomatoes, halved
50 ml olive oil

Method

To start your Moroccan freekeh and nut salad, place the almonds, pistachio and macadamia into the [universal tray](#) and cook for 10 minutes from a cold oven, on top and bottom heat, 170°C.

Set the oven to [FullSteam](#) at 100°C.

Rinse the freekeh under cold running water for 30 seconds then place in an unperforated steamer tray with 500 ml of boiling water and a teaspoon of salt. Steam for 30 minutes then remove from the oven and spread over a medium tray, place in the fridge to cool.

In a small mixing bowl add the yoghurt, sumac, cumin, salt and cracked black pepper. Mix together and place in the fridge.

When the freekeh is cool add to a medium mixing bowl along with the lemon juice and zest, nuts mint, parsley, figs, apricots, tomatoes and olive oil. Mix together and season if necessary.

Place your Moroccan freekeh and nut salad in a serving dish, drizzle with the yoghurt, sprinkle sumac over the top and serve.

Notes