



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Strawberries

Strawberries are high in vitamin C, and eating just 4 or 5 means you will reach your daily requirement!



L2

## Pan-Fried Feta

### with Strawberries and Freekeh

Nutty freekeh tossed with vibrant strawberries and crunchy vegetables in a balsamic dressing, served with pan-fried feta cheese, fresh rocket leaves and hemp seed dukkah.



25 minutes



2 servings



Vegetarian

21 October 2022

## Time saver!

*Crumble the feta cheese over the finished dish instead of pan frying to switch up this dish.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	42g	25g

## FROM YOUR BOX

FREEKEH	1 packet (100g)
CHERRY TOMATOES	200g
CELERY STICK	1
LEBANESE CUCUMBER	1
STRAWBERRIES	1 punnet
FETA CHEESE	1 packet (200g)
ROCKET LEAVES	1 bag (60g)
HEMP DUKKAH	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried tarragon, sumac (see notes), cornflour, balsamic vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Omit the sumac if unavailable. Alternatively, you can use ground coriander or lemon pepper.

Allow freekeh to drain for 5 minutes to remove excess water, or press down while draining to speed up the process.

**No gluten option - freekeh is replaced with buckwheat.** Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10-12 minutes until tender. Drain and rinse.



### 1. COOK THE FREEKEH

Place freekeh in a saucepan and cover with plenty of water. Bring to a boil and simmer for 13-15 minutes until tender. Drain and rinse (see notes).



### 2. MAKE THE DRESSING

In a large bowl whisk together **1 tsp tarragon, 1 tbsp vinegar, 2 tbsp olive oil, salt and pepper.**



### 3. PREPARE FRESH ELEMENTS

Halve cherry tomatoes, slice celery and dice cucumber. Quarter strawberries. Add to dressing bowl.



### 4. COOK THE FETA

Place **1 1/2 tbsp cornflour, 1 tsp sumac and pepper** on a plate. Slice feta and coat in **oil**. Press into seasoned flour. Heat a frypan over medium-high heat with **oil**. Add feta and cook for 2-3 minutes each side until golden.



### 5. TOSS THE FREEKEH

Add freekeh to the bowl with tomatoes, celery, cucumber and strawberries. Toss to combine.



### 6. FINISH AND SERVE

Divide rocket leaves and tossed freekeh among shallow bowls. Top with pan-fried feta. Sprinkle over hemp dukkah.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

