

Product Spotlight: Freekeh

Freekeh is a roasted green wheat grain with a nutty flavour and satisfying chewy texture. It's a great base for warm salads and grain bowls, especially with roasted vegetables, fruit and fresh herbs.

Roast Apple Freekeh

Nutty freekeh with roasted apple, fennel and chickpeas, tossed with fresh leaves and a tangy maple Dijon dressing, finished with sticky toasted pecans.

35 minutes | Plant-Based | 2 servings

Switch it up!

For extra crunch, fry the cooked freekeh in a little olive oil for 5–7 minutes until some grains are golden and crisp before tossing through the salad.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	17g	76g

FROM YOUR BOX

FREEKEH	100g
RED APPLE	1
FENNEL	1
TINNED CHICKPEAS	400g
THYME	1 packet
SHALLOT	1
DIJON MUSTARD	1 small jar
LEMON	1
PECANS	40g
MESCLUN LEAVES	120g

FROM YOUR PANTRY

olive oil, salt, pepper, maple syrup (or sweetener of choice)

KEY UTENSILS

saucepan, frypan, oven tray

NOTES

If you think you'll have leftovers, keep the dressing on the side and dress each plate individually to prevent the lettuce from wilting.

No gluten option - freekeh is replaced with brown rice. Simmer for 20 minutes or until tender.

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1. COOK THE FREEKEH

Set oven to 220°C.

Place **freekeh** in a saucepan, cover with water and bring to the boil. Simmer for 10-15 minutes or until tender. Drain and rinse under cold water.



2. ROAST APPLES & VEG

Dice **apple** into 2cm chunks. Halve **fennel**, remove core then thinly slice. Drain and pat dry **chickpeas**.

Toss with **1-2 tbsp thyme leaves, olive oil, salt and pepper**. Spread out on a lined oven tray and roast for 20–25 minutes or until golden and tender.



3. MAKE THE DRESSING

In the meantime, finely dice **shallot**. Combine with **Dijon mustard, lemon juice, 1 tbsp maple syrup, 3 tbsp olive oil, salt and pepper.**



4. TOAST THE PECANS

Heat a frypan over medium heat.

Add **pecans** with **1/2-1 tsp olive oil** and cook for 2–3 minutes. Add **1/2-1 tsp maple syrup**, **salt and pepper**. Cook for 1 minute until glossy. Remove and set aside.



5. TOSS IT TOGETHER

Add **cooked freekeh, roasted apple, fennel and chickpeas** to a large bowl with **mesclun** and **dressing** (see notes). Toss gently to combine.



6. FINISH AND SERVE

Divide **salad** between plates and top with **maple pecans** and **extra thyme leaves** to taste.

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