



Product Spotlight: Strawberries

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



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



4 servings



Vegetarian

Time saver!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	48g	36g

FROM YOUR BOX

FREEKEH	1 packet (200g)
CHERRY TOMATOES	200g
CELERY STICKS	2
LEBANESE CUCUMBER	2
STRAWBERRIES	1 punnet
FETA CHEESE	1 packet (400g)
ROCKET LEAVES	1 bag (120g)
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 on it 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.



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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 **2 tsp tarragon, 2 tbsp vinegar, 1/4 cup olive oil, salt and pepper.**



3. PREPARE FRESH ELEMENTS

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



4. COOK THE FETA

Place **3 tbsp cornflour, 2 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.

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