



Recipe name: Freekeh and butternut salad

Serves: 2

Ingredient	Measurement	Weight
Freekeh (CER111)	g	150
Roasted piquillo pepper strips (PEP153)	g	40
Diced butternut squash (VEG601)	g	60
Omega seeds (topping) (NUT016)	g	30
Green Harrissa paste (PST016)	g	50
Hummus (DIP002)	g	30
Edamame	g	50
Pomegranate seeds	g	25
Mixed salad leaves	g	50

Method

1. Cook the freekeh for 45 minutes in simmering water. Drain and cool.
2. Put all the other ingredients in bowl apart from mixed leaves, hummus and omega seeds.
3. Mix together, put the mixed salad leaves as a base then add the freekeh salad mix. Top with omega seeds and put hummus on the side.