



Recipe name. Cracked Freekeh Tabbouleh

Serves 2

Ingredient	Measurement	Weight
Cracked freekeh (CER112)		
Chopped SunBlush® tomato (TOM130)		
Halloumi (CHE256)		
Parsley		
Mint		
Pomegranate seeds		
Spice mix		
Ground black pepper	Tsp	0.5
Ground allspice	Tsp	0.5
Ground cinnamon	Tsp	0.5
Ground coriander	Tsp	0.5
Ground nutmeg	Tsp	0.25
Ground cloves	Tsp	0.25
Ground ginger	Tsp	0.25
Dressing		
Olive oil (OIL203)	ML	60
Lemon juice (JUI001)	ML	15
Chardonnay vinegar	ML	15

Method

1. Make the dressing by whisking together the dressing ingredients.
2. Cook and cool the cracked Freekeh.
3. Mix the spice mix together and mix together Freekeh
4. Slice the halloumi and char-grill and chop into pieces.
5. Mix the fresh herbs, pomegranate chopped SunBlush® with the freekeh mix
6. Top with halloumi.