

RHCL RECIPES

From Chef John

Freekeh salad, toasted slivered almonds, shredded carrot & beetroot, Goji berries, spring onion, green beans & rocket served with a pomegranate molasses dressing

Recipe serves 2 as a main / 4 as a side dish

120g Cooked Freekeh

60g Toasted Slivered Almonds

40g Shredded Carrots

40g Shredded Beetroots

30g Orange soaked Goji Berries

50g Pomegranate seeds

20g Spring Onions

60g Rocket Leaves

50g Blanched Green Beans

30ml Pomegranate Dressing



Pomegranate Molasses Dressing

1 Crushed Garlic Clove

2 tbsp. Pomegranate Molasses

½ tsp. White Sugar

2 small pinches of Ground Cumin

½ tsp. Lemon juice

100ml Olive Oil

Sea Salt & Pepper to taste

<http://www.hospitalitymagazine.com.au/food/news/freekeh-out> - see our latest review on this dish