



Mediterranean Freekeh Salad

Ingredients:

1 1/2 Cups Freekeh
3 Cups Boiling Water
1 Fennel, Stems and Core Removed
2 Celery stalks, Top and Leaves Removed
1 Small Red Onion, Small Diced
2 Mangos
1/4 Cup Confectioners Sugar
1/2 Cup Chopped Scallions
1/2 Cup Chopped Flat Leaf Parsley, Stems Removed
1 Cup Tahini
2 Cloves of Garlic
Water
Juice of 2 Lemons
Juice of 2 Limes
Salt and Pepper to Taste
2 Tablespoons Pomegranate Molasses
2 Tablespoons Olive Oil
4 tablespoons Yogurt
Sunflower Seeds to Garnish

Directions:

Rinse the freekeh twice and drain well.
Place the freekeh and the water in a medium size pot over a medium- high flame. Once it comes to a boil reduce the heat to low and cook for 10-12

minutes (We want the freekeh to be cooked al dente). Drain the extra water and let cool.

While the freekeh is cooling start making the lemon- tahini by placing the garlic cloves in the food processor and pulsing a few times until the garlic is chopped.

Add the tahini paste, and start adding water while the food processor is running until it gets the desired consistency.

Add the juice of 2 lemons and season with salt and pepper to taste.

On a mandolin or with a sharp knife, shave thin slices of the fennel and place in a clean bowl. With a vegetable peeler, peel the celery (discard the first layer of strips) and continue “shaving” thin strips of the celery. Add to the fennel.

Dice one mango into small cubes and add to the rest of the vegetables.

Clean the second mango and place in the food processor. Add the confectioners sugar and blend until the puree is fully smooth.

In a mixing bowl combine the cooled cooked freekeh, the fennel, celery, scallions and parsley. Add the lime juice, pomegranate molasses and olive oil. Season with salt and pepper to taste.

To assemble the dish, spread 2 tablespoons of the tahini on the serving plate. Place the taboli over the tahini and create a firm pyramid shape.

Drizzle the rest of tahini sauce, mango coulis and yogurt over the dish and garnish with sunflower seeds.