

Sabrina 

Freekeh, tomato &
chickpea pilaf



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Serves 4 | Vegetarian

INGREDIENTS:

4g cumin seeds	12g vegetable bouillon
24ml olive oil	6g sea salt
100g onions, peeled, finely diced	3g ground black pepper
4g garlic, peeled, chopped	25g crispy fried shallots
16g tomato paste	15g fresh parsley, finally chopped
200g cracked freekeh	10g fresh coriander, finely chopped
20g unsalted butter	60g Greek yoghurt
160g chopped canned tomatoes	
200g canned chickpeas, drained, rinsed	

METHOD:

1. Heat a pan on a medium heat, add the cumin seeds and dry toast for 2 mins, until lightly brown and the aroma is released.
2. Add the oil to the pan and saute off the diced onion until soft and golden, then add the garlic, cook for a couple of minutes.
3. Add the tomato paste and cook out, then add the freekeh and butter, mix well until the freekeh is evenly coated in the onion and tomato mixture. Stir for a minute, then add the canned tomatoes and chickpeas and mix well.
4. In a separate pot bring the 480ml water to the boil with the vegetable bouillon. Pour onto the freekeh and season with salt and pepper.
5. Cover the saucepan with a lid, reduce the heat to low and cook for 20-25 mins without disturbing the pan. Remove the pan from the heat and set aside. leaving the lid on. Alternatively you can cook the freekeh in the oven. Transfer the freekeh mix to a deep baking tray, cover with foil and cook in a preheated oven at 160°C for 40-45 minutes.
6. To finish; add half the crispy shallots and half the herbs to the freekeh, using a fork, gently mix through and fluffing up the grains.
7. Arrange the freekeh mix onto a flat dish. Dot with the yoghurt, scatter over the remaining shallots and herbs.