

# Freekeh, courgette and pistachio salad

Serves 2-3



Simply Nutrition



## Ingredients

100g uncooked freekeh (or use farro or spelt)  
Vegetable broth – make up, using this as the liquid to cook the freekeh (twice the amount of broth to grain)  
1 courgette – quartered lengthways and then sliced  
50g of raw pistachios  
2 tablespoons of chopped parsley  
1 tablespoon of good quality extra virgin olive oil  
1 tablespoon of fresh lemon juice  
Sea salt or rock salt  
Freshly ground black pepper

## Method

Bring the freekeh and pre-made vegetable broth to the boil. Reduce the heat to a very low simmer, cover and allow to cook for approximately 20 minutes or until most of the liquid has been absorbed. Turn off the heat, stir, re-cover and allow to steam through for 5 minutes. Transfer the freekeh to a large salad bowl and add the courgettes, pistachios and parsley. Mix well. Finally stir in the olive oil and lemon juice, season to taste. Serve garnished with a sprinkling of chopped parsley and lemon wedges (optional).

DAIRY FREE

# ENERGISING

“ to stay satisfied, energised, balanced and focused for the day ahead ”