



Freekeh and Lentil Salad

with Green Sauce



20-30min



4 Portions

How great is tofu? Not only is it good for you, it's versatile. Here, it lends its lush smoothness to a dairy-free mayo that even non-vegans will love. Over the top goes an easy grain/pulse/nut salad that bursts with colour and flavour and not only delivers on the flavour front but is highly nutritious too. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, using t...

What we send

- lemon
- freekeh ¹
- parsley, garlic
- cherry tomatoes
- lentils
- firm tofu ⁶
- slivered almonds ¹⁵
- dried currants
- peas

What you'll require

- olive oil
- sea salt and pepper
- water
- white wine vinegar ¹⁷

Utensils

- fine grater
- medium frypan
- medium saucepan
- paper towel
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Starting with a cold pan ensures the nuts toast evenly and prevents them burning. ~Just use half the garlic in the mayo if you want a milder flavour.

Allergens

Gluten (1), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 820kcal, Fat 33.2g, Carbs 80.3g, Proteins 42.9g



1. Cook freekeh

Rinse the **freekeh** well, then put in a medium saucepan with **1 litre (4 cups) water** and a **pinch of salt**. Bring to the boil, then reduce heat to medium and cook, partially covered, for 15-18 mins or until tender. Drain.



4. Make vegan mayo

Cut the **tofu** into chunks. Coarsely chop the **garlic** (see cooking tip). Put the tofu, garlic, **parsley**, **half the peas**, **lemon juice**, **1½ tbs apple cider vinegar** and **1 tbs olive oil** in a large bowl and blend with a stick blender until smooth (alternatively, use a food processor). Season with **salt and pepper**.



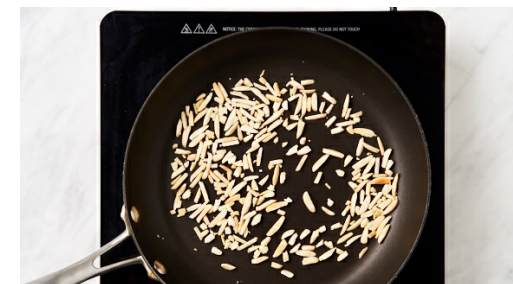
2. Prepare ingredients

While the freekeh cooks, bring a small saucepan of water to the boil for the peas. Finely chop the **parsley**, including the stems. Finely grate the **lemon** zest, then juice the lemon. Carefully remove the **tofu** according to the packet instructions and drain on paper towel.



5. Make salad

Halve the **tomatoes**. Put in a large bowl with the **lemon zest** and **2 tbs olive oil**. Rinse and well-drain the **lentils**.



3. Toast almonds

Put the **almonds** in a cold medium frypan over medium heat (see cooking tip). Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat. Meanwhile, add the **peas** to the saucepan of boiling water. Return to the boil, then cook for 2 mins. Drain and rinse under cold water to cool.



6. Get ready to serve

Add the **freekeh**, **almonds**, **currants**, **lentils** and the **remaining peas** to the bowl with the **tomatoes**. Season with **salt and pepper** and toss to combine. Divide the **vegan mayo** among plates and spoon over the **freekeh and lentil salad** to serve.