# **Ancient grain salad**

**Ingredients**

100g cracked freekeh

500ml boiling water

½ green, red or yellow pepper

¼ cucumber

6-8 dried apricots

3 x 15ml spoons (3 tablespoons) canned sweetcorn

½ avocado

½ lime or 2 x 15ml spoons (2 tablespoons) or

reduced fat salad dressing (optional)

**Serves 2**

**Equipment**

Saucepan, colander, chopping board, vegetable knife, juicer, mixing bowl, measuring spoon, mixing spoon.

Method

1. Add the freekeh to a saucepan and pour over 500ml boiling water.
2. Bring to the boil, then reduce to a simmer and cook for 15-20 minutes, until the freekeh is tender.
3. Drain and run the freekeh under cold water to cool.
4. Prepare the ingredients:

* deseed and dice the pepper;
* dice the cucumber;
* chop the dried apricots;
* drain the sweetcorn;
* chop the avocado;
* juice the lime, if using

1. Place the cooled and drained freekeh in a large mixing bowl and add the pepper, cucumber, apricots and sweetcorn. Mix gently.
2. Top with the chopped avocado.
3. Pour over the lime juice or reduced fat salad dressing, if using.

Eat well for you and the planet! Top tips

* Focus on fibre – swap cracked freekeh with wholegrain freekeh for added fibre. Wholegrain freekeh will need longer cooking time (35-45 minutes) and more water.
* Get at least 5 A DAY – try adding chopped apple or pear (wash but don’t peel), chopped mango or pineapple, or other dried fruit such as sultanas, cranberries or barberries.
* Vary your protein – add some canned beans or tofu.
* Reduce food waste – use any leftover fruit and veg you can find!