

Roasted Grape, Freekeh & Feta Salad



Ingredients

Serves 2 (Double for 4)

- 100g Feta Cheese
- 130g Cracked Freekeh
- 100g Seedless Red Grapes
- 25g Blanched Almonds
- 1tsp Ground Cumin
- 50g Baby Leaf Salad
- 30ml Red Wine Vinegar

You will also need Olive Oil, Pepper & Salt

Cooking Instructions

- Preheat Oven to 220°C/200°C (fan)/425°F/Gas 7
- Rinse the Freekeh under cold water, then add it to a saucepan with plenty of cold water and bring to the boil over a high heat. Cook for 20-25 mins or until tender but with a bite.
- While the Freekeh is cooking, cut the Seedless Red Grapes in half lengthways. Add the halved grapes and 1tbsp olive oil to a sheet of tin foil on one end of a baking tray, scrunch the edges of the foil to create a boarder to prevent any juices escaping. Place the tray in the oven for an initial 10 min or until grapes have started to release their juices.
- While the grapes are in the oven, combine the red wine vinegar with 3 tbsp olive oil and a pinch of salt & pepper in a mixing bowl (large enough to toss the whole salad) – this is your vinaigrette.
- Trim then finely slice the spring onions
- Once the Grapes have had 10 mins, add the feta to the same tray on the empty half. Sprinkle the ground cumin over the feta and return the tray to the oven for approx. 5 mins.
- Meanwhile, wash the baby leaf salad, then pat it dry with kitchen paper to remove excess water. Chop it roughly and set it aside until serving.
- Once the feta has had 5 mins, add the almonds to the tray and drizzle then with a little olive oil. Return the tray to the oven for a final 3-5 mins or until the almonds have darkened in colour slightly.
- Once the Freekeh is cooked, drain and return it to the saucepan
- Once the almonds have toasted, remove the whole tray from the oven and allow everything to cook slightly. Once cool enough to handle, roughly chop the almonds, break up the baked feta into rough pieces.
- Add the freekeh, roasted grapes, baked feta, chopped almonds, sliced spring onion and chopped salad to the vinaigrette . Mix gently, serve and enjoy.