

Freekeh Salad with Eggs

Elevate your salad game with this Freekeh Salad with Eggs! Packed with nutty freekeh, crisp veggies, and a medley of fresh herbs, this salad is not only nutritious but also bursting with texture and flavour. Perfectly soft-boiled eggs add a satisfying richness to every bite. Light, wholesome, and protein-rich, this dish is ideal for a refreshing lunch or a hearty side at your next gathering.



Prep: 10 min
Cooking: 20 min
Serves: 4
Makes: 1

Ingredients

- 1 cup cooked freekeh (see notes)
- 1 red onion, slithered
- 2 sticks celery, thinly sliced
- ¾ cup flat leaf parsley, chopped
- 1 cup mint leaves
- ? cup pistachios, chopped
- ? cup almonds, chopped
- ¼ cup raisins or currants
- 5 soft peeled boiled eggs, halved

Dressing:

- 2 Tbsp apple cider vinegar
- 2 Tbsp olive oil
- 1½ Tbsp pomegranate molasses
- 1 Tbsp honey

Method

1. Cook freekeh in a pot of boiling water for 20 minutes or until tender but still nutty. Drain and cool under cold water.
2. Make dressing by combining all ingredients in a jug.
3. Place freekeh and remaining ingredients, excluding eggs into a large bowl. Add ? of the dressing and stir to combine.
4. Spoon salad onto a serving platter. Arrange the peeled boiled eggs into the salad. Drizzle with remaining dressing or serve with dressing on the side.

Notes

- You can substitute freekeh (toasted wheat) for pearl barley which has a softer texture and not as nutty. Both are available from major supermarkets.
- Make salad ahead of time, adding the chopped nuts, herbs, and extra dressing just before serving.
- If you are wanting to make this yummy freeman salad with boiled eggs in bulk, we have these wholesale egg products to make it easier:
 - Bulk peeled boiled eggs

Australian Eggs