

COOK FRESH.

Salmon with Freekeh

Tabbouleh, Onion & Tomatoes

Dish pairs pan-seared Salmon with Freekeh Tabouli, Pearl Onions, and Red Cherry Tomatoes

⌚ 30 Mins

Kcal 710 | P 52 g | C 55 g | F 31 g

Family Friendly

Quick and Easy



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.
Boil measured water.

What you'll need

Oil, Salt, Black pepper, Measuring jug, Cooking pot, Chopping board, Knife, Peeler, Frying pan, and Cooking pan.

Ingredients (2 persons)

-  Water 450ML
-  Freekeh 140GR
-  Pearl Onion 50GR
-  Red Cherry Tomato 80GR
-  Fresh Parsley 7GR
-  Mint Leaves 5GR
-  Fresh Lemon 110GR
-  Cucumber 140GR
-  Salmon Fillet 400GR

Method



Cook the Freekeh

Start by rinsing the **freekeh** thoroughly. Bring a pot of **salted water** to a boil, add the **freekeh**, cook uncovered for 15 minutes, then cover and simmer on low for another 15 minutes. Once done, fluff with a fork and set aside to cool.



Prep the Ingredients

Peel and finely chop the **onion**. Halve the **cherry tomatoes**, and finely chop the **parsley** and **mint leaves**, reserving some for garnish. Halve the **lemon**, and use a peeler to create thin **cucumber ribbons**.



Pan-seared the Salmon

Season the **salmon** with **salt** and **pepper**. Heat a pan with **oil** over medium heat, cook the **salmon** skin-side down for 4 minutes, then flip and cook until done to your preference.



Pan-fry the Onion

In a separate pan, sauté the **onion** in **oil** over medium heat until translucent and slightly golden.



Final Touches

Combine the **cooked freekeh** with **parsley** and **mint**, seasoning with **salt** and **pepper** to taste. Add the **cherry tomatoes** and **cucumber ribbons**, tossing gently.



Serve and Enjoy!

Serve the **herbed freekeh** on a plate, topped with **pan-seared salmon**. Garnish with the remaining **mint leaves** and a **lemon** slice on the side.

Allergens Wheat Fish