Aromatic freekeh and capsicum delight

Preparation time

25 - 30 minutes

Serves

6-8

Recipe courtesy of

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This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

1/2 cup red capsicum, finely diced

1/2 cup green capsicum, finely diced

1/2 cup red onion, finely diced

2 tbsp fresh mint, chopped

2 tbsp fresh parsley, chopped

1 cup roasted cracked wholegrain freekeh

3 cups of reduced salt vegetable stock

400g canned 4 bean mix, drained and rinsed

1. Place 1 cup of washed roasted cracked whole grain freekeh in a medium-sized pan.
2. Add 3 cups of vegetable stock to freekeh and bring contents almost to a boil on medium heat.
3. Reduce heat to low, cover pan and allow to cook for 25-30 minutes until soft.
4. Set aside the freekeh and allow to cool down.
5. Once cooled, toss all salad ingredients in a large bowl and mix well.

Nutritional information is provided per serve

Engery	700kJ (167 calories)
Protein	7g
Saturated Fat	<1g
Total Fat	<1g
Carbohydrates	30g
Sugars	2g
Dietary Fibre	8.6g
Sodium	427mg