

Freaky Freekah Halloween Salad

PREP TIME: 90 mins

TOTAL TIME: 95 mins

Servings: 4 large salads

Ingredients

Salad

1 cup dry Freekah

1/2 cup black lentils

1/2 small sugar pumpkin, reserve the seeds for roasting (~1/3 cup seeds)

1 medium purple carrot

1 small head Romanesco broccoli

5 Tbsp olive oil

Sea salt

Dressing

2 oz sweet soy sauce (or 4 Tbsp regular soy sauce with 4 tsp honey added)

Juice of 1 lime

1-2 tsp sriracha hot sauce

1. In a large pot combine 1 cup freekah and 2.5 cups water. Bring to a boil then reduce to a simmer and cover with a lid. Cook for 50-55 minutes or until freekah is slightly tender. Drain freekah then place in a bowl to cool.
2. While the freekah is cooking begin the lentils. Rinse lentils until running water until water runs clear. Combine 1 cup rinsed lentils with 4 cups water in a pan over medium to high heat. Bring lentils to a boil, then reduce heat to a simmer, cover with a lid, and cook for 30 minutes. Once lentils are fully cooked, drain remaining water and set lentils aside.
3. While the lentils are cooking, carefully take the skin off of the pumpkin and cut into 1"x1" cubes. *Note if you can find raw cubed pumpkin this would be a lot easier! Reserve the pumpkin seeds for roasting. Rinse the pumpkin seeds under running water until clean. Pat dry with a paper towel and add to a parchment lined baking sheet. Add 2 Tbsp olive oil and 1 tsp sea salt on seeds. Roast at 350° for 12-15 minutes or until crunchy. Drizzle pumpkin cubes with 2 Tbsp olive oil and sprinkle with sea salt. Roast on a parchment lined baking pan at 350° for 25-30 minutes or until soft. Remove from the oven and set aside.
4. Using a mandolin or very sharp knife, slice the carrots paper thin into circular rounds then set aside. Chop broccoli into small florets and pan saute with 1 Tbsp olive oil and a sprinkle of sea salt for 5-7 minutes or until slightly soft with golden edges.
5. Finally make the dressing by combining the juice of 1 lime, sweet soy sauce, and sriracha. In a large bowl, combine the freekah, lentils, pumpkin, pumpkin seeds, carrots, and broccoli. Pour dressing over the top of salad and fully mix to combine flavors. Enjoy warm or at room temperature.

