



HOBSON'S
CHOICE

FREEKEH, CHICKEN & POMEGRANATE SALAD

SERVES 6

Gaggenau Appliance:
Rotisserie

Settings:
Full Grill & Circulated air 200°C

Cooking Time:
90 minutes

Preparation Time:
20 minute

INGREDIENTS

1 whole chicken
Olive oil
Salt

For Salad
200g Freekah*
Bunch of spring onions, finely sliced
1 cucumber, cut into 1cm cubes
Bunch flatleaf parsley, roughly chopped
Bunch mint, roughly chopped
50g toasted flaked almonds*
100g pomegranate seeds

For Dressing
100g natural yoghurt*
3tbsp tahini*

METHOD

Place the whole chicken onto the rotisserie spit and fix into the oven.

Cook for 90 minutes and leave to rest.

Whilst the chicken is cooking, steam or boil the freekeh for 20 minutes (or according to the packet instructions). Once cooked leave to cool.

Once the freekeh is cool, add the spring onions, cucumber, parsley, mint.

To make the dressing mix the tahini into the yoghurt and mix thoroughly into the freekeh salad.

Shred the chicken and toss through the dressed salad.

Place the salad onto a platter and scatter over the toasted flaked almonds and pomegranate seeds.

*Allergens are highlighted in bold

GAGGENAU