

# CUCUMBER, FREEKEH AND POACHED CHICKEN SALAD WITH YOGHURT TAHINI



## Ingredients

### Serves 4

- 200g cracked freekeh, rinsed and drained
- 1 tbsp extra virgin olive oil, plus extra to serve
- 3 fresh bay leaves
- Sea salt
- 2 x 250g skinless chicken breast fillets
- 2 slices of lemon
- 2 tbsp dry white wine
- A few sprigs of parsley
- 1 shallot, halved
- 4 peppercorns
- 3 (550g) Lebanese cucumbers, roughly chopped
- 50 g pine nuts, toasted
- Handful of mint and coriander leaves

### Quick pickled onion

- 1 red onion, halved and thinly sliced
- 2 tbsp red wine vinegar
- 2 tsp sea salt
- ½ tsp sumac (optional), plus extra to serve

### Yoghurt tahini

- 2 tbsp tahini
- 250g natural yoghurt
- Juice of half lemon
- 1 clove garlic, finely grated
- Sea salt and black pepper

## Method

Heat a pot over a medium heat and add the olive oil. When hot, add the freekeh, one of the bay leaves and a good pinch of salt. Toast the grains for just a minute, stirring often. Cover with 600ml of hot water and bring to the boil. Cook uncovered for 3-4 minutes then reduce heat to low, cover with a lid and cook for a further 10-12 minutes or until al dente. Top the pot up with a little liquid if necessary. Keep covered and allow to stand for 10 minutes, then stir well.

Place the chicken, lemon, bay leaves, parsley, shallot and peppercorns with a pinch of salt in a medium pot and cover with cold water. Bring to a simmer then immediately turn off the heat and allow the chicken to sit in the poaching liquid for 8 minutes. Remove from the liquid and allow to rest for another 10 minutes then slice.

For the quick pickled onion, place all ingredients in a small bowl and use your hands to scrunch the onions into the salt and vinegar, ensuring everything is well coated. Set aside for 10 minutes.

Combine all of the ingredients for the tahini yoghurt in a medium bowl and season to taste. The consistency should be like a thick dressing, so thin out with a little room temperature water if needed. Mix well to combine.

Spread the tahini yoghurt on the base of a serving platter. Top with the freekeh and arrange the chicken and cucumber on top. Scatter over the toasted pine nuts, pickled onions, mint and coriander leaves. Drizzle over a little more olive oil, season with salt and sprinkle over some extra sumac.

