



A healthy, traditional dish featuring charred wheat kernels served with succulent chicken & cooked with chicken stock.

# FREEKEH WITH CHICKEN

**Nutrition Facts Per Serving:** Calories 582, Protein 46g, Carbs 32g, Fat 33g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 25 min, **Cooking Time:** 45 min



## INGREDIENTS

Freekeh, Chicken

Onion, Oil

Black Pepper, Salt

ME Spices

Broth Ingredients

Measured Water

*2 persons: 2.5 cups (625ml)*

*4 persons: 5 cups (1,250ml)*

*6 persons: 7.5 cups (1,875ml)*

## Cooking Chicken

1. Place a **heavy pot over** medium heat, add  $\frac{1}{2}$  tablespoon oil and swirl to heat, add chicken pieces & toss to brown (3-5 min). Add hot measured water, increase heat to high.
2. When mixture boils, skim carefully removing all white froth as much as possible. Add broth ingredients, **cover & reduce heat to low**.
3. Simmer & cook for 30 min or until chicken is cooked but not falling apart. **Meanwhile do step 6.**
4. Strain broth & transfer chicken into a shallow oven dish.
5. When freekeh is nearly cooked, turn oven on from top & bottom & set temperature at 180. Sprinkle chicken with remaining spices. Place in oven until just browned from top (5-7 min). Go to step 15.

## Cooking Freekeh

6. Wash freekeh in room temperature water a few times until it runs clear. Leave in a colander to drain water.
7. When broth is ready, place a pot over medium heat & when hot add remaining oil. Swirl to heat.
8. Add chopped onions with a dash of salt & cook until it starts to turn golden.
9. Add strained freekeh to the pot & gently stir with onions for 30 seconds.
10. Measure broth (2 persons  $1 \frac{1}{2}$  cups, 4 persons 3 cups and 6 persons  $4 \frac{1}{2}$  cups), strain, & add to the pot.
11. Add half the salt & all but a fifth of the spices. Increase heat to high. Bring to boil, stir gently, **cover & reduce heat to low**. Cook for 20 min.
12. Uncover, stir very gently to mix, check salt & adjust to taste. Ideally, freekeh should be tender with a very slight chew. If not, add  $\frac{1}{4}$  cup broth, stir & cook for 5 min more.
13. Repeat if a softer texture is preferred until you reach the desired softness, turn the heat off. Remove pot to counter & keep covered. Rest for 5 min at least.
14. Gently fluff the freekeh with a large fork and transfer to serving plate.
15. Put chicken on top of freekeh and serve with remaining broth on the side. Plain yogurt or yogurt salad are highly recommended as another side.