



FREEKEH MUSHROOM RISOTTO

Nutrition Facts/100 grams of freekeh: Calories 747, Protein 32g, Carbs 77g, Fat 35g

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

Preparation Time: 20 min, **Cooking Time:** 45 min



INGREDIENTS

Coarse Freekeh (300 grams)

Mushrooms

Onion, Garlic

Parsley, Green Onion

Olive Oil

Deglaze Mix

Broth

Sea Salt, Spice Mix

Butter

Parmigiano Cheese

METHOD

1. Dissolve each broth cube in 600 ml boiling water, set aside.
2. Wash freekeh 3-5 times until water is clear, get rid of floating debris & drain in colander.
3. Place a deep skillet or pot over medium-high heat. When hot, add half the olive oil & swirl to heat.
4. Add the mushrooms with a pinch of salt and cook for 5 minutes. Shake gently to distribute if needed & avoid over stirring at this stage.
5. Add half the parsley and half the spice mixture. Gently shake or stir to distribute. Continue cooking for 3 more minutes or until liquid evaporates.
6. Reduce heat to medium-low, add half the garlic with about a teaspoon of butter & cook for 2 minutes longer.
7. Remove Mushrooms to a plate & return skillet/pot to medium heat.
8. When hot, add remaining olive oil & swirl to heat the oil then add onions with a pinch of salt.
9. Keep cooking until it starts to turn golden.
10. Add remaining spices, garlic, chili flakes if using and a pinch of salt. Cook 30 seconds further stirring to combine.
11. Add freekeh and stir gently for 2 minutes until well combined.
12. Add deglazing liquid and stir to combine. Simmer stirring gently & occasionally until well evaporated but still moist. About 1-2 min.
13. Add dissolved broth & salt, increase heat to high & bring to boil.
14. Add most cooked mushroom reserving a few for garnish & stir gently to combine evenly. Cover, reduce heat to lowest & simmer 20 minutes until liquid is mostly absorbed.
15. Remove from heat & keep covered for 5 minutes.
16. Add butter & cheese, and mix gently to combine. Transfer to serving dish & garnish with parsley, remaining mushrooms & green onions.