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Ancient Grain Salad by George Calombaris

Ingredients

- 1 bunch coriander, shredded
- ½ bunch parsley, shredded
- ½ red onion, finely diced
- 1 cup freekah
- ½ cup lentils (canned)
- 2 tablespoons of toasted pumpkin seeds
- 2 tablespoons of toasted slivered almonds
- 2 tablespoons of toasted pine nuts
- 2 tablespoons of baby capers (optional)
- ½ cup currants
- 1 tablespoon of red wine vinegar
- 2 tablespoons of extra virgin olive oil
- sea salt to taste
- 1 cup thick Greek yoghurt
- 1 teaspoon of ground cumin
- 1 tablespoon of honey
- 1 pomegranate

Serving Size:

2

Method

1. Blanch freekeh until just cooked
2. Empty lentils into collander, drain and rinse well and set to side
3. Drain freekah and mix in with lentils once cooked, allow to cool
4. Mix the yoghurt, cumin and honey until combined
5. In a medium bowl, place the coriander, parsley, red onion, freekah, lentils, toasted nuts, capers, currants, red wine vinegar and olive oil. Mix well, season to taste.
6. Place into serving dish and top with cumin yoghurt and pomegranate seeds
7. Grill halloumi in a hot pan, approximately 1 minute on each side or until cheese turns golden colour.
8. Top salad with a slice or two of halloumi