

Ancient grains salad

Ingredients	Equipment
<ul style="list-style-type: none">• 1 cup freekeh• 1 cup Puy-style lentils or brown lentils• 1/3 cup mixed seeds and nuts (pine nuts, pumpkin and sunflower seeds)• 1/2 cup barberries or Craisins (I used cranberries, goji berries, sultanas)• 2 tbs baby capers, rinsed and drained• 1 cup each of coriander leaves and flat-leaf parsley leaves, finely chopped• 1/3 cup fresh mint leaves, finely chopped• 2tbs lemon juic• 70 ml - a bit less than 1/3 cup - olive oil• Greek-style yogurt and pomegranate seeds to serve	<ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• chopping board• sieve• saucepan
<ol style="list-style-type: none">1. Cook the freekeh and lentils according to packet directions. Rinse under cold water and drain.2. Transfer to a bowl and then add seeds and nuts, capers, berries and herbs.3. Mix the lemon juice and oil, season, toss through salad, serve with the yogurt and pomegranate seeds.	