



Emma Waddell

@whipupastorm

FREEKEH SALAD WITH WHIPPED RICOTTA

INGREDIENTS

200g cooked freekeh (or quinoa)

2 oranges

250g Ricotta

30g Hazelnuts

40g Westlands Micro leaf salad

Balsamic vinegar

Extra virgin olive oil

Westlands English Mix

METHOD

- 1.** Zest one of the oranges until you have 1 ½ tps zest
- 2.** Segment both oranges and transfer to a bowl.
- 3.** Warm through the cooked freekeh in a pan. Add a splash of the orange juice from the remainder of the orange.
- 4.** Toast the hazelnuts in a frying pan until golden brown and then crush gently in a pestle and mortar or roughly chop with a knife.
- 5.** Put the ricotta, 1 ½ tps orange zest and 1/3 tsp flaky sea salt into a food processor and blitz for 1-2 minutes until smooth.
- 6.** Add the whipped ricotta to a plate, then the warm freekeh. Add your micro leaf and the orange segments. Top with crushed hazelnuts, a drizzle of extra virgin olive oil and balsamic vinegar and garnish with Westlands English Mix.

PREP TIME | 10 minutes

COOK TIME | 5 minutes

READY IN | 15 minutes