



GREENWHEAT FREEKEH

A DELICIOUS COLLECTION OF RECIPES



GREENWHEAT FREEKEH

Greenwheat Freekeh was established in 1996 in South Australia as Australia's first producer of freekeh.

This award winning freekeh is 100% natural and harvested while the grains are still soft, young and green.

The grains are parched and roasted resulting in a high fibre, high protein grain that is rich in prebiotic properties.

Considered one of nature's superfoods, Freekeh can be used in soups, salads, risottos and more.

Australian Made and Owned

Five Star Health Rating

Low GI

100% Natural Grain

Source of Iron

Kosher and Halal Certified

We hope the following recipes inspire you to create amazing freekeh dishes for your menu.



GREENWHEAT FREEKEH GRAIN VARIETIES

WHOLEGRAIN FREEKEH

Wholegrain Freekeh has a firm and chewy texture. It takes approximately 40-45 minutes to cook.

COOKED WHOLEGRAIN FREEKEH

This product is a pre-cooked wholegrain freekeh, which saves you preparation time. This can be used straight from the pack or microwaved for warm dishes.

CRACKED GRAIN FREEKEH

Made from wholegrain freekeh that has been broken into smaller pieces. It has a subtle, nutty flavour and chewy texture and takes approximately 20-35 minutes to cook.



PREP: 10 mins



COOK: 20 mins



SERVES: 4

SERVING SUGGESTION

Freekeh Vegetable Soup

INGREDIENTS

250 g Cooked Wholegrain Freekeh

2 L Vegetable Stock

3 Tbsp Olive oil

1 Brown onion - diced

2 Medium carrots - diced

1 Kohlrabi - diced

(rind and tough outer membranes peeled)

Salt and Pepper

3 Garlic cloves - minced

2 Medium zucchini - diced

2 Tsp Za'atar spice

2 Tsp Cayenne pepper

100g Kale

METHOD

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and cook until softened. Then add in the kohlrabi and carrots and cook until the vegetables begin to soften. Season generously with salt and black pepper. Finally add the garlic and cook for a further 1 minute.
2. Add in the vegetable stock, zucchini, za'atar and cayenne pepper and bring to a boil.
3. Once boiled, add in cooked freekeh and kale and simmer for a further one minute.

To serve: Season with salt and black pepper to taste, divide into bowls, garnish with herbs.

NOTE: This recipe can also be created using our cracked grain or wholegrain freekeh. Simply follow preparation instructions on pack.



PREP: 10 mins



COOK: 2 hrs



SERVES: 4

SERVING SUGGESTION



Slow-Cooked Lamb and Freekeh Soup

INGREDIENTS

100 g Wholegrain Freekeh	2 Medium carrots - diced	200 g Green beans - sliced
500 mL Chicken Stock	3 Celery sticks - diced	150 g Frozen peas
2 Tbsp Olive oil	3 Garlic cloves - thinly sliced	90 g Natural yoghurt
400 g Lean lamb leg or shoulder steaks - cut into 1.5 cm pieces	2 Tsp Finely grated lemon rind	35 g Mint leaves
1 Brown onion - diced	1 Tsp Dried oregano leaves	

METHOD

1. Heat half the oil in a large saucepan over medium heat. Add lamb and cook for 3-4 minutes until browned, ensuring to turn. Transfer to a plate.
2. In the same pan, add in the remaining oil, onion, carrot and celery. Cook until soft, then add garlic, lemon rind, oregano and stir through.
3. Return the lamb to the pan along with the chicken stock and 875ml (3 ½ cups) water. Then bring to the boil.
4. Once boiled, add in freekeh then reduce heat and simmer, covered, for 1.5 -2 hours or until lamb is tender.
5. Add the beans and peas. Simmer uncovered, for a further 10 minutes or until the vegetables are soft. Serve into small soup bowls.
6. Combine the yoghurt and mint in a small bowl, then dollop onto soup.

NOTE: This recipe can also be created using our cracked grain or cooked wholegrain freekeh. Simply follow preparation instructions on pack.



SERVING SUGGESTION



PREP: 15 mins



COOK: 1 hr



SERVES: 4

Chicken, Freekeh, Kale and Chickpea Soup

INGREDIENTS

120 g Wholegrain Freekeh	3 Tsp Ground cumin	1 Bunch kale – trimmed & sliced
2 L Chicken Stock	½ Tsp Ground cinnamon	Lemon juice
2 Tsp Olive oil	800 g Chicken thigh fillets – fat trimmed	250 g Baby zucchini – sliced
2 Brown onions – diced	800 g No added salt chickpeas – drained & rinsed	
2 Medium carrots – diced	400 g Kent pumpkin –diced	
4 Celery sticks – diced		
4 Garlic cloves – crushed		

METHOD

1. Start by adding 350 mL water to a saucepan and bringing to boil, then add in freekeh and cook for 30 minutes or until al dente, then drain off water.
2. In a separate saucepan, heat the oil over medium heat, then add in onion, celery, carrot and zucchini, stirring occasionally and cook until soft. Then stir in garlic, cumin and cinnamon.
3. In a third saucepan, add in the chicken stock and bring to the boil. Then add chicken fillets, reduce heat to low and simmer, partially covered, for 10 minutes or until chicken is cooked through.
4. Use tongs to transfer the chicken to a clean board. Set aside for 5 minutes to cool slightly, then thinly slice the chicken.
5. Add the onion, celery, carrot and zucchini mix from your first saucepan into the stock mixture and then add in the chickpeas, pumpkin and freekeh to the stock mixture also. Simmer for 15 minutes or until pumpkin is soft. Then add the sliced chicken back in to the stock mixture, as well as the kale. Stir for 1-2 minutes or until kale is just wilted. Season with pepper and lemon juice.

NOTE: This recipe can also be created using our cracked grain or cooked wholegrain freekeh. Simply follow preparation instructions on pack.



PREP: 15 mins



COOK: 40 mins



SERVES: 4

SERVING SUGGESTION



Freekeh, Roasted Carrot and Goat Cheese Salad

INGREDIENTS

200 g Wholegrain Freekeh
950 mL Chicken Stock
15 g Salt

FOR SALAD:

300 g Dutch Carrots
120 g Red Onion - peeled & cut into wedges
150 g Seedless red grapes - washed & halved
Olive oil
Sea salt
1 Pomegranate
55 g Shelled, unsalted pistachios - chopped
85 g Parsley - chopped
85 g Mint leaves
100 g Goat cheese - torn into chunks

FOR DRESSING:

2 Tbsp Extra virgin olive oil
1 Tbsp pomegranate molasses
2 Tsp Apple cider vinegar

METHOD

1. Preheat oven to 180C. Line two trays with baking paper.
2. Place Freekeh in a pot filled with 750 mL cold water. Bring to boil then reduce heat to a simmer. Cook for 40 minutes or until tender. Drain any remaining liquid and set aside.
3. Wash carrots thoroughly. Slice bigger carrots in half lengthways so that they are similar in size.
4. Peel red onion, cut into half, and again into wedge. Wash your grapes well, then cut them in half. Leave any tiny grapes whole.
5. Spread out carrots and red onion together on the baking trays. Drizzle generous amount of olive oil and sea salt. Massage vegetables and bake in the oven for 15 minutes.
6. Remove the trays, scatter the grapes and drizzle a little more olive oil over them. Rotate all the vegetables and pop tray back into the oven for another 25-35 minutes, or until everything is golden and deliciously sticky looking.
7. While the vegetables are roasting, de-seed pomegranates. Roughly chop pistachios, parsley and tear mint leaves with your hands. Set each item aside separately.

For the Dressing: Add olive oil, pomegranate molasses and vinegar to a jar with a lid. Shake well, taste and season to your liking.

To Assemble: Add freekeh to a serving bowl along with two thirds of the dressing. Toss thoroughly to combine. Add roasted vegetables and grapes, toss gently before drizzling the remaining dressing over the top.

Garnish with pomegranate seeds, goat cheese, pistachios, mint and parsley. Lightly toss once more before serving.

NOTE: This recipe can also be created using our cracked grain or cooked wholegrain freekeh. Simply follow preparation instructions on pack.



PREP: 10 mins



COOK: 40 mins



SERVES: 4

SERVING SUGGESTION



Freekeh Cherry Salad

INGREDIENTS

180 g Wholegrain Freekeh	1 Lemon zest - grated	250 g Cherries
4 Tbsp Olive oil	1 Tbsp Za'atar spice	35 g Currants
1 Tbsp Honey	50 g Mint leaves	100 g Full cream feta - crumbled
2 Tbsp Pomegranate molasses	50 g Parsley	6 Figs (optional)
	2 Eschalots - thinly sliced	

METHOD

1. Place the freekeh and 1.5L (6 cups) of water into a saucepan over medium heat and bring to a boil. Reduce heat to low, then cover and cook for 40 minutes or until tender. Turn off heat and drain water.
2. Add lemon zest, zaatar, herbs, eschalot, sliced cherries, currants and 30ml of olive oil to freekeh and stir to combine. Transfer to a large serving platter and top with crumbed feta

For the Dressing:

1. Whisk 30mL of olive oil, honey, pomegranate molasses and lemon juice in a bowl.
2. Drizzle dressing over salad, then sprinkle with remaining zaatar to serve.

Note: Figs sliced in quarters are a delicious addition to this salad when in season.

NOTE: This recipe can also be created using our cracked grain or cooked wholegrain freekeh. Simply follow preparation instructions on pack.



PREP: 10 mins



COOK: 40 mins



SERVES: 4

SERVING SUGGESTION



Freekeh Tabbouleh

INGREDIENTS

150 g Wholegrain Freekeh	½ Tsp Ground cinnamon	30 g Parsley – chopped
270 mL Vegetable Stock	Salt and black pepper	20 g Mint leaves
4 Tbsp Olive Oil	500 g Cucumbers - sliced	2 Tbsp Lemon juice
3 Garlic cloves – crushed	1 Red onion - sliced	1 Tsp Sumac
¾ Tsp Ground allspice	2 Tbsp Cider vinegar	

METHOD

1. Begin by adding olive oil into a medium saucepan and place on a medium-high heat. Then add the garlic and cook until lightly coloured, followed by the freekeh, allspice and cinnamon. Cook for a further 30 seconds, stirring constantly.
2. Add 270mL vegetable stock, half a teaspoon of salt and a good grind of black Pepper and bring to the boil. Once boiled, cover saucepan and turn the heat to low and simmer for 40 minutes or until tender. When complete, remove the lid and leave to cool.
3. Put the cucumber, onion, vinegar and a pinch of salt into a large bowl and toss to combine. Leave to pickle for 5 minutes, then add the cold freekeh, herbs, lemon juice, remaining olive oil, a pinch of salt and a good grind of black pepper. Mix well, then transfer to a platter.
4. Sprinkle with the sumac and serve.

NOTE: This recipe can also be created using our cracked grain or cooked wholegrain freekeh. Simply follow preparation instructions on pack.



PREP: 10 mins



COOK: 50 mins



SERVES: 4

SERVING SUGGESTION



Freekeh, Asparagus and Mushroom Risotto

INGREDIENTS

250 g Wholegrain Freekeh	50 g Button mushrooms	35 g Garlic - chopped
1 L Chicken Stock	50 g Swiss brown mushrooms	100 g Brown onion - diced
100 g Butter	50 g Shitake mushrooms	Salt and black pepper
100 mL Olive oil	50 g Shimeji mushrooms	Cream to adjust consistency
85 g Asparagus - sliced	50 g Enoki mushrooms	75 g Parmesan Cheese
1 Leek - sliced	20 g Parsley - chopped	
50 g Oyster mushrooms		

METHOD

1. Start by finely chopping all the mushrooms. Then add 50g of butter and half the oil to a saucepan. Sauté the leek, then add in the chopped mushrooms and cook for 5-10 minutes over low heat. Stir in parsley and garlic then set aside.
2. Add chicken stock to a separate saucepan and bring to the boil and keep on low simmer.
3. In a third separate saucepan, add in the remaining 50g of butter and oil and cook onions until soft. Add the freekeh and stir well to coat the grains in oil.
4. When the freekeh starts to stick to the bottom, pour in the boiled chicken stock, one ladle at a time until all the stock has been used. Continue to stir until all liquid has been absorbed.
5. Add the mushroom mix from step 1 and also the sliced asparagus into the freekeh risotto and continue to cook for a few minutes allowing it to heat through.
6. For a creamier risotto, add a little cream. Season with salt and pepper.

To serve: Serve risotto plain or with shaved parmesan cheese and fresh basil.

NOTE: This recipe can also be created using our cracked grain or cooked wholegrain freekeh. Simply follow preparation instructions on pack.



PREP: 10 mins



COOK: 50 mins



SERVES: 4

SERVING SUGGESTION



Freekeh Pilaf

INGREDIENTS

80 g Wholegrain Freekeh	¼ Tsp Ground cinnamon	10 g Mint leaves – chopped
270 mL Chicken Stock	¼ Tsp Ground allspice	10 g Coriander – chopped
80 g Long grain rice	100 g Greek yoghurt	50 g Pine nuts – toasted & broken
2 Brown onions – sliced	1 ½ Tsp Lemon juice	Salt and black pepper
25 g Butter	½ Garlic clove – crushed	
30 g Olive oil	10 g Parsley – chopped	

METHOD

1. Place onions, butter and olive oil into a large heavy-based pot and sauté on medium heat, stirring occasionally until the onion is soft and brown.
2. In a separate saucepan, soak the freekeh in cold water for 5 minutes. Pour into a sieve, rinse well under cold running water and drain well.
3. Add the freekeh, rice and spices to the onions, followed by the chicken stock, then salt and pepper and bring to the boil, then cover. Reduce to low heat and leave to simmer for 40 minutes. Remove the pan from the heat and leave freekeh covered for 5 minutes, then remove the lid, drain any excess liquid and leave to cool.
4. In the meantime, mix the yoghurt with lemon juice, garlic and some salt and set aside.
5. Stir the herbs into the freekeh mix. Taste and adjust the seasoning. Spoon onto serving dishes and top each portion with a generous dollop of yoghurt.

To serve: Sprinkle with pine nuts and parsley and finish with a trickle of olive oil.

NOTE: This recipe can also be created using our cracked grain or cooked wholegrain freekeh. Simply follow preparation instructions on pack.





PREP: 15 mins



COOK: 1 hr



SERVES: 4

SERVING SUGGESTION

Haleem: A Wheat and Meat Persian Breakfast

INGREDIENTS

650 g Cooked Wholegrain Freekeh	1 Medium onion - quartered
300 mL Chicken Stock	250 mL Milk
900 g Lamb neck	Salt to taste

METHOD

1. Place the meat in a saucepan, add onion, 1/2 teaspoon salt and add enough water to cover the meat by 2 inches. Cover and cook for about 1 hour on medium heat or until the meat is tender. Remove from heat and let cool. Remove and separate meat from bone and shred into small pieces.
2. Place shredded pieces into a saucepan with 100g of cooked wholegrain freekeh and combine.

For the stock and freekeh blend:

1. Whilst meat is cooking, add chicken stock to saucepan and bring to the boil, then add 550g of cooked wholegrain freekeh, bring back to a boil and then simmer for 15 minutes.
2. Transfer stock and freekeh mix to a thermomixer or any high-speed blender, continue to blend at speed 10 for 5 mins until ultra-smooth.
3. Add milk and continue to blend for a further 2 mins.

To serve: Serve by placing a circle amount of the stock and freekeh blend onto your plate and then place an amount of the combined meat with freekeh in the middle.

NOTE: This recipe can also be created using our cracked grain or wholegrain freekeh. Simply follow preparation instructions on pack.



PREP: 10 mins



COOK: 25 mins



SERVES: 1

SERVING SUGGESTION



Freekeh Pudding with Blueberry Sauce

INGREDIENTS

55 g Cooked Wholegrain Freekeh
600 mL Milk
42 g Granulated sugar
1 Vanilla pod

25 g Unsalted butter
Granola, Honey, Blueberries and Mango – diced
1 ½ Tbsp Corn starch – dissolved in 4 Tbsp water

Blueberry Sauce:
150 g Fresh blueberries
30 g Sugar
240 mL Water

METHOD

For the Pudding:

1. In a saucepan, add milk and sugar and bring to the boil. Then add the butter and cooked freekeh
2. Let it cook for 15 minutes on medium heat. Stir to avoid the milk from burning.
3. Add the cornstarch mixture and stir until thick. Add vanilla pod, stir for one minute, and turn off heat.
4. When the pudding cools, refrigerate.

For the Blueberry Sauce:

1. In a saucepan, add all the ingredients and let it come to a boil.
2. Let it boil for 2 – 3 minutes on medium heat.
3. Remove from heat and keep aside to cool.

To serve: Spoon the pudding mixture into glass, top with blueberry sauce, granola, fresh berries and mango. Drizzle with honey.

NOTE: This recipe can also be created using our cracked grain or wholegrain freekeh. Simply follow preparation instructions on pack.



PREP: 20 mins



COOK: 17 mins



SERVES: 12

SERVING SUGGESTION

Lemon Coconut Muffins using Freekeh Flour

INGREDIENTS

200 g Freekeh flour*

125 g Creamed coconut

100 g Coconut oil

200 g Coconut sugar

2 Lemons

3 Large eggs

1 Tsp Baking powder

1/4 Tsp Bicarb Soda

25 g Desiccated coconut

100 mL Double cream

90 g Lemon curd

METHOD

1. Start by combining the creamed coconut and coconut oil and whisking to soften them.
2. Cream them together with the sugar and the zest from one of the lemons.
3. Beat in the eggs, one at a time.
4. Sift in the baking powder, bicarb soda and freekeh flour, then fold in together with the coconut and the juice from both lemons.
5. Spoon into 12 muffin cases (90g)
6. Bake at 180° for 17 minutes, then turn out onto a wire rack to cool.
7. Whip the double cream to soft peaks, then fold in the lemon curd.
8. When the cakes have cooled, make a slash down the centre and spoon in some of the lemon curd.
9. Top with a sprinkling of toasted, desiccated coconut.

* Wholegrain Freekeh can be milled into Freekeh Flour



SERVING SUGGESTION



PREP: 10 mins



COOK: 10 mins



SERVES: 6

Freekeh Burger

INGREDIENTS

200 g Cooked Wholegrain Freekeh
455 g Minced chuck beef
Salt and Pepper

Classic Cheeseburger

Toppings:

6 Burger Buns

6 Medium cheddar cheese

2 Tomatoes - sliced

1 Bunch green leaf lettuce

1 Red onion - sliced

100 g Dill pickle slices

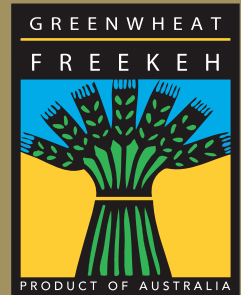
METHOD

1. Divide beef and freekeh into 6 portions and form patties that are about ½ inch thick and 1 inch wider than the burger buns. Season patties generously with salt and pepper.
2. Slice, and prepare all of your burger toppings and sauces.
3. Preheat grill to medium heat. Spread the cut-side of the bun with softened or melted butter and toast the cut side on a skillet or on the grill until golden brown. You can toast the bun ahead or in the last couple of minutes with the burgers on the grill. Toasting the bun adds great flavour and prevents a soggy bun.
4. Grill burger patties (indent-side-up) for 3-5 min each side on the grill. Flip burgers when juices are accumulating on top of burger and you have a good sear. Apply cheese in the last 1-2 minutes of grilling then cover with lid and cook until internal temperature of beef reaches 70°C.
5. Add burger patties to bun and add burger toppings to serve.

NOTE: This recipe can also be created using our cracked grain or wholegrain freekeh. Simply follow preparation instructions on pack.

PRODUCT CODE	DESCRIPTION	SIZE	STORAGE	SHELF LIFE
I02677	Wholegrain Freekeh	10 x 400g	Dry	36 months
I02707	Wholegrain Freekeh	6 x 2kg	Dry	36 months
I02676	Wholegrain Freekeh	20Kg	Dry	36 months
I02709	Cooked Wholegrain Freekeh	10 x 1kg	Dry	12 months
I02678	Cracked Grain Freekeh	10 x 400g	Dry	36 months
I02708	Cracked Grain Freekeh	6 x 2kg	Dry	36 months
I02675	Cracked Grain Freekeh	20Kg	Dry	36 months





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