

# Mushroom & Sage Risotto with Freekeh

Freekeh is an ancient grain which has so many benefits to your gut. It is high in fibre, low fat and high in protein. It has recently been hailed as a 'super food'. It provides 70% of the manganese you need in your day. Important for metabolising cholesterol and carbs. This recipe is a simple dish when you have a busy day. This meal makes 2 serves and takes around 30 minutes due the freekeh cooking time.



- 2 table spoons EVOO
  - 1 medium red onion, diced
  - 1 teaspoon minced garlic or 1 clove minced
  - 5 sage leaves
  - 300 gram Portabello mushrooms (sliced) or buttons if you can't get your hands on Portabello - but they are best
  - 1 cup Freekeh
  - 4 cups of low sodium veggie stock
  - 1 table spoon chopped fresh thyme
  - 1/2 teaspoon of salt
  - 1 teaspoon of pepper
- To Garnish
- 2 Spring onions sliced.
  - Drizzle of balsamic glaze
- \* If you have some left over cooked chicken, throw it in towards the end

## Method

- Pour the cup of Freekeh into a pot and add three cups of the veggie stock. On high heat, bring to the boil and once reached, turn to simmer and put a lid on the pot. This will need to now cook for approx 20-25 minutes. Continually check and stir.
- Grab another pan and on medium heat, add the EVOO and once heated, add the garlic, toss through then add the onions and sage leaves. Toss for approx 1-2 minutes then add the mushrooms. once the mushrooms are cooked through, pour a touch of the remaining veggie stock and cook for 5 minutes. Don't put too much as it will end up as a soup.
- Now, your freekeh should be getting nearly ready so with around 5 minutes left of cooking, add all the ingredients from the pan, into the pot and stir through. (If you are adding the chicken, do this now). If the freekeh is getting dry, add some of the remaining stock. Again, not too much as it will end up too wet. Taste to see if the freekeh is cooked. It will have a consistency like barley. If it does, it's done. Add the salt and pepper to taste and you are ready to go.
- Serve immediately and garnish with the spring onions and a light drizzle of the balsamic glaze.

This can be a great base for a number of risottos you would like to make. You could add spinach, peas or asparagus. It's up to you.