



Freekeh and Tomato Pilaf

Ingredients

- 2 tbsp Vegetable oil
- 2 cups Freekeh
- 3 tbsp MAGGI® Sauteed onions with 7 spices Cooking Paste
- 1 Medium Tomato, cut into small cubes (about 1cm pieces)
- 2 tsp Lemon juice
- 1 cup Water
- 1 bunch Pomegranate seeds, for garnish

Instruction

1. In a nonstick pan stir Freekeh for 3–5 minutes. Add MAGGI® sauteed onions with 7 spices, cooking paste, and water, and toss together to coat the freekeh.
2. Bring to a simmer and reduce to low heat. Cover and cook for 25–30 minutes until liquid is absorbed and the freekeh grains are tender.
3. Add the tomato cubes and lemon juice and stir together, making sure they are evenly mixed. Cover and simmer on low heat for 3–5 minutes.
4. Transfer to a serving dish and garnish with pomegranate seeds.

Nutrition

Carbohydrates	51.62 g
Energy	259.35 kcal
Fats	4.14 g
Protein	7.63 g

🕒 35 Minutes

⊕ 6