Za’atar Freekeh with Zucchini and Chickpeas

3 cold grain-salad portions · Active 20 min · Total 1 hr 40 min

Skills: Easy

Ingredients

- 3/4 cup cracked freekeh (135 g)
- 3 cups water (720 ml)
- 2 medium zucchini, cut into 1/2-inch half-moons (350 g)
- 2 tablespoons olive oil (30 ml), divided
- 1 can chickpeas (15 oz/425 g), drained and rinsed
- 2 tablespoons lemon juice (30 ml)
- 2 teaspoons za’atar containing sesame
- 1/2 teaspoon fine salt, divided
- 1/4 cup chopped parsley (15 g)
- 3 scallions, thinly sliced

Set out

Medium saucepan, 12-inch skillet, Shallow cooling container, Large bowl

Allergens

Wheat, Sesame. Check labels and substitutions.

Make it

1. Put freekeh, water and 1/4 teaspoon salt in the saucepan. Bring to a boil, cover loosely and simmer for 20–25 minutes or according to the package, until tender with a little chew. Drain excess water.

2. Meanwhile, heat 1 tablespoon oil in the skillet over medium-high. Brown zucchini in two batches, about 3 minutes on the first side and 2 minutes after turning. Sprinkle with the remaining salt.

3. Spread freekeh and zucchini in shallow containers and refrigerate promptly to cool. Do not leave them on the counter for an extended cooling period.

4. Whisk remaining oil, lemon juice and za’atar in the bowl. Fold in the chilled freekeh, zucchini and chickpeas.

5. Add parsley and scallions, then divide among three covered lunch containers. Keep chilled until serving.

For a break with no microwave

This salad is intended to be enjoyed cold. Use a broad, shallow lunchbox so a fork can reach grain and vegetables together rather than burying the zucchini under a deep pile of freekeh.

Timing

Total includes an estimated 60 minutes of refrigerator chilling; wait until the cooked components are fully cold before packing, even if that takes longer.

A useful detail

Za’atar mixtures vary in salt. Taste the dressing before adding any additional salt beyond the measured amount.

Keep it well

Keep the assembled salad at 40°F/4°C or below for up to 3 days. Refrigerate cooked ingredients within 2 hours, or 1 hour above 90°F/32°C. Transport in an insulated bag with two cold sources and refrigerate at work; serve cold.