

# MIDDLE EASTERN

## ROASTED SQUASH AND ZA'ATAR SALAD

### INGREDIENTS

	Butternut squash	2kg
	Red onions	3
13644	Pure olive oil tin	70ml
04439	Everyday Favourites cooking salt	6g
50396	Everyday Favourites cracked black peppercorn	1g
63011	Tahini paste	180g
65447	Oak Farm Low Fat Plain Yoghurt	100g
	Lemon	1
	Water	100ml
70359	Garlic	10g
49448	Everyday Favourites Chinese pine kernels	30g
	Parsley	50g
94451	Za'atar	5g

### METHOD

- 1 Pre-heat the oven to 180°C.
- 2 Put the squash and red onion wedges in to a large bowl then add the oil, 5g of the salt and black pepper and toss well. Place onto an oven tray
- 3 Put the tahini and yoghurt into a small mixing bowl then add the lemon juice, water, half the chopped parsley, garlic and 1g of the salt. Whisk until combined and place to one side
- 4 Toast the pine nuts until golden brown and set to one side
- 5 Once the vegetables are cooked and chilled slightly place onto a serving plate and drizzle over the dressing
- 6 Finish with the pine nuts, chopped parsley and the za'atar



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SQUASH AND  
ZA'ATAR SALAD

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## THREE GRAIN SALAD WITH DALOON BEETROOT & GINGER FALAFEL BALLS

### INGREDIENTS

33391	Three colour quinoa	200g
17165	Bulgar wheat	200g
33212	Giant cous cous	500g
13644	Olive oil	60ml
	Fresh parsley	10g
	Fresh mint	10g
70488	Maldon sea salt	4g
	Lemon juice	30ml
37540	Chopped garlic in oil	10g
	Tomato	200g
	Cucumber	150g
	Baby spinach	20g
	Red onion	100g

### METHOD

1. Cook all the grains and refresh in ice cold water, then set to one side and drain.
2. Once all the grains are drained, add together and mix in the oil, chopped herbs, salt, lemon juice, garlic and set to one side to infuse.
3. Dice the tomato, cucumber and red onion, slice the baby spinach and mix this with the grains.
4. Serve into pots and top with your chosen falafel.



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**THREE GRAIN  
SALAD WITH  
DALOON BEETROOT  
& GINGER FALAFEL  
BALLS**

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