



## Did you know?

The combination of wholegrain rice, quinoa and lentils provides slow releasing carbohydrates to keep blood sugar levels balanced which in turn can help stabilise energy levels and support focus and concentration.

## Did you know?

Kimchi is rich in beneficial bacteria which has been shown to promote brain health and cognitive function.

## Serve in

66615

Churchill Stonecast  
Grey Round  
Bowl • 1x1

## RED CABBAGE KIMCHI

### INGREDIENTS

600g	Finely Sliced Red Cabbage
100g	Finely Sliced Red Onion
250g	Carrot Julienne
20g	Fresh Grated Ginger
20g	Fresh Grated Garlic
5g	Everyday Favourites Crushed Chillies (70384)
20g	Maldon Sea Salt (07650)

### METHOD

#### STEP 1.

Wash the cabbage and finely slice, reserving the outer leaf. Place the finely sliced cabbage into a mixing bowl and add the red onion, carrot, ginger, garlic, chilli and salt. Mix well.

#### STEP 2.

Place the mix into a kilner jar. Pushing down and place the reserved outer leaf on top. Weigh the mixture down using two food safe bags filled with baking beans.

#### STEP 3.

Push down until the juices from the cabbage come to the top and the mix is completely covered.

#### STEP 4.

Close the lid and cover with a cloth. Store between 18 – 20°C. Once ready (usually takes 7 – 14 days), store in clean jars in the fridge and mature for 1 month.

## SPICED GRAIN SALAD

with red cabbage Kimchi and Dukkha crusted halloumi

### INGREDIENTS

400g	Easy Cook Long Grain Brown Rice (25279)
200g	S&B Black Rice (99434)
300g	Dark Speckled Lentils (76743)
500g	Three Colour Quinoa (33391)
50g	Fresh Chopped Parsley
300g	Chargrilled tenderstem broccoli
200g	Diced Baby Plum Tomatoes
60g	Everyday Favourites Pure Canadian Maple Syrup (04389)
100ml	Extra Virgin Cold Pressed Rapeseed Oil (81558)
50g	Harissa Paste (44816)
40ml	Casa De Mare Lime Juice Squeezy (41167)
300g	Kimchi Red Cabbage Slaw
20 Slices	Kalos Halloumi Cheese
20g	Everyday Favourites Fennel Seeds (70310)
40g	Sunflower Seeds (94992)
10g	World of Spice Cumin Seeds (84740)
2g	Everyday Favourites Crushed Chillies (70384)

### METHOD

#### STEP 1.

Combine the cooked grains into a large mixing bowl, add chargrilled broccoli, chopped parsley and diced tomatoes.

#### STEP 2.

In a bowl, add maple syrup, oil, harissa paste and lime juice and whisk. Mix  $\frac{2}{3}$  of the dressing with the grain salad. Top with the Kimchi slaw.

#### STEP 3.

For the dukkha, add the seeds into a frying pan over a low heat to toast. Once they start crackling, add into a food processor with chilli flakes and blitz lightly. Combine with the sliced halloumi and grill. Place on top of salad and drizzle over the rest of the dressing.