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RECIPES





BROWN RICE, GRAIN, SQUASH, BROCCOLI SALAD, ZAATAR & CUMIN

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

4tb olive oil
450g butternut squash, cut into wedges
6 small red onions cut into wedges
400g tender stem broccolis, cut in 1" lengths
500g brown rice, red rice & quinoa (Riso Gallo)
5tb zaatar spice seasoning
50g freshly chopped coriander
50g freshly chopped mint
Sea salt , freshly ground black pepper

FOR THE DRESSING

6tb Red wine vinegar
100ml Olive oil
3tb Ground cinnamon
4tb Honey

TO SERVE

100ml Natural thick yoghurt
1tb Ground cumin

- *Toss the squash, broccolis and onion with the olive oil, season , then chargrill on griddle until just cooked and charred slightly.*
- *Cook the rice following the pack instructions, then drain well in a colander, keep warm.*
- *Mix all the ingredients together in a bowl for the dressing.*
- *Place the cooked rice, grilled vegetables in a bowl, add the zaatar seasoning.*
- *Pour over the dressing, add the herbs and season well to taste.*
- *Mix the cumin and yoghurt together in a bowl, season to taste.*

SEND SALAD AND YOGHURT DRESSING SEPARATE.



BROWN RICE & GRAIN “ BEET TABBOULEH “ WITH SUMAC & RADISH

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

500g brown rice, red rice & quinoa (Riso Gallo)
1tsp ground cinnamon
2tsp ground allspice
5 med cooked beetroots, (2 finely grated, 3 chopped)
5 tomatoes, chopped
6 spring onions, finely chopped
100g freshly chopped flat leaf parsley
50g freshly chopped mint
1tsp sumac
12 large red radishes, thinly sliced
Sea salt, freshly cracked black pepper

FOR THE DRESSING

100ml lemon juice
100ml olive oil

- *Cook the grain mix following the packet instructions, drain in a colander, leave to go cold.*
- *Place in a bowl, add the 2 grated beetroots and mix well.*
- *Mix the lemon juice and olive oil together in a bowl and add to the beet rice. Add the diced cooked beets.*
- *Add all the remaining ingredients, mix gently together, season to taste.*



BROWN RICE & GRAIN SALAD WITH LEBANESE PUMPKIN, LENTIL AND WALNUT

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

300g brown rice, red rice & quinoa (Riso Gallo)

1 kilo pumpkin, cut in large wedges

400g puy lentils, cooked

2 red onions cut into wedges

4 large red peppers, deseeded, cut into strips

6tsp Baharat spice (Arabic 7 spice)

150g walnuts

4tb honey

FOR THE DRESSING

75g Tahini paste

200ml Natural Greek yoghurt

Juice and zest of 2 lemons

2 cloves garlic, crushed



RICE , SPELT & BARLEY SALAD WITH CARROT, CAULIFLOWER AND CHERMOULA

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

450g rice, spelt and barley (Riso Gallo)
400g carrots, cut into 1” thick slices, diagonally
300g small cauliflower florets
2tsp cumin seeds
2 tsp ground ginger
2tsp ground cinnamon
100g pine nuts
Olive oil

FOR THE DRESSING

4 garlic cloves, crushed
3tb cumin seeds, lightly toasted
1tb honey
1 tb Harissa
100g fresh coriander
100g flat leaf parsley
1 tsp ground cumin
1tsp smoked paprika
Juice and zest of 2 lemons
100ml olive oil

- *For the dressing, place the herbs in a food processor, add the cumin seeds, 75ml of the olive oil, the zest and juice of the lemons, garlic, paprika and harissa . Pulse blitz until chopped, adding the remaining oil, season to taste.*
- *In a bowl mix the carrots and cauliflower along with the spices, rub well together, ideally leave to infuse for 30 minutes.*
- *In a large pan, heat some olive oil, when hot add the carrots, cauliflower, cook over low heat or alternatively place in the oven.*
- *Cook until the vegetables are tender, leave to cool.*
- *Cook the rice, spelt & barley following the packet instructions, remove to a colander, drain well.*
- *Remove the vegetables from the oil when cool and mix with the grains, add the pine nuts.*
- *Pour over the dressing, mix well, season to taste.*



SPELT ASSORTED BEAN SALAD, HAZELNUTS, ORANGE AND RAISINS

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

400g spelt grain (Riso Gallo)
400g cooked mixed beans (cannellini, kidney, borlotti etc)
150g French beans, cut in 1" lengths
100g raisins (soaked)
100g freshly chopped mint
150g chopped hazelnuts, lightly toasted

FOR THE DRESSING

1tb Dijon mustard
Juice and zest of 3 large oranges
1tb Honey
150ml Olive oil
2tb Balsamic vinegar

- *Cook the French beans in boiling salted water until just tender then drain well in a colander, dry in a cloth.*
- *Cook the grains following the pack's instructions, drain in a colander, keep warm.*
- *Mix the ingredients together in a bowl for the dressing, season to taste.*
- *Place the grains, cooked French beans and canned beans in a bowl, add the hazelnuts, raisins and chopped mint.*
- *Pour over the orange mustard dressing, toss together well.*



BARLEY, ROASTED ROOTS SALAD WITH WASTED PESTO & FETA

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

500g barley grains (Riso Gallo)
1 large Butternut squash cut into half-moon shaped wedges
5 Cooked beetroots cut into wedges
5 Carrots cut 1" thick on the diagonal
250g crumbled feta cheese

FOR THE DRESSING

Handful Carrot tops
Handful Beetroot tops
100g Fresh basil
2 Garlic cloves, crushed
50g Freshly grated parmesan (or vegetarian parmesan)
75ml Olive oil

- *Roast the carrots, beetroots and squash in little olive oil and seasoning in hot oven at 200c for 25-30 minutes until golden and cooked.*
- *Remove, drain off any excess oil, keep warm.*
- *Meanwhile cook the grains following the packet instructions, drain in a colander.*
- *Place the carrot tops, beet tops and basil in a blender.*
- *Add the remaining ingredients , pulse blitz to a coarse puree.*
- *In a bowl, mix the grains, roasted veg and dressing, season to taste.*
- *Finally scatter over the crumbled feta.*



I BROWN RICE & SPICY TUNISIAN CHICKPEA SALAD

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

300g brown rice (Riso Gallo)
800g canned cooked chickpeas, drained
2 Red onion cut in small .5 cm cubes
½ Cucumbers, cut in small .5 cm cubes
400g firm Tomatoes, cut in .5cm cubes
100g coarsely chopped Coriander
50g Flat leaf parsley
4tb olive oil
2tsp ground allspice
2 tsp ground cumin
2 tsp smoked paprika
2 tsp fennel seeds

FOR THE DRESSING

125ml olive oil
45ml sherry vinegar
2 garlic cloves, crushed
juice and zest of 2 lemons
2 tsp sugar

- *Heat olive oil in frying pan, add the chickpeas, cumin, smoked paprika fennel seeds and allspice, fry over low heat until the chickpeas are cooked in the spices, ENSURING they don't burn.*
- *This can be done in the oven too if preferred.*
- *Cook the grains following packet instructions, drain well in a colander.*
- *Mix all the ingredients together in a bowl for the dressing.*
- *Mix the rice with the cucumber, tomatoes and red onion, season to taste, add the dressing, mix well.*
- *Scatter the spiced chickpeas on top, sprinkle over the herbs.*



BLACK RICE, GRILLED VEGETABLES & POMEGRANATE SALAD

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

400g Venere black rice (Riso Gallo)
400g canned chopped tomatoes, well drained, reserve tomato juice
1tb brunoise red chili
400g grilled vegetables (red and green peppers , aubergine, courgettes, red onions)
50g Coarsely chopped flat leaf parsley
4 tsp sumac
1tb smoked paprika

FOR THE DRESSING

200ml reserved tomato juice
2tb tomato ketchup (OR tomato puree)
2tb sugar
1tb pomegranate molasses
20ml red wine vinegar
100ml olive oil

- *Cook the black rice following the packet instructions, drain well in a colander.*
- *Place the grilled vegetables in a food processor, add the sumac and smoked paprika, pulse blitz to a small dice, then transfer to a bowl.*
- *Add the tomatoes, herbs, cooked black rice, mix well.*
- *Mix all the ingredients together in a bowl for the dressing.*
- *Pour the dressing over the salad , mix well, season to taste.*
- *IF BUDGET ALLOWS, TOP SALAD WITH POMEGRANATE SEEDS!!*



BLACK RICE, BROCCOLI, BEETS & FIG SALAD, WITH ALMONDS & MOZZARELLA

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

400g venere black rice (Riso Gallo)
300g broccoli florets
300g cooked yellow beets, cut in wedges
400g ready to eat dried figs, cut in quarters
2 red onions, halved, thinly sliced
150g whole almonds, lightly toasted, coarsely chopped
1tsp red chilli brunoise
200g torn mozzarella Cheese (or cut in cubes)

FOR THE DRESSING

75ml balsamic vinegar
1tb dijon mustard
50ml olive oil
2tsp honey
75g freshly chopped mint

- *Cook the broccoli florets in boiling salted water until just tender, retaining a nice slight crunch to the vegetable .*
- *Refresh in cold water, dry in a cloth.*
- *Cook the black rice following the packet instructions, drain well in a colander.*
- *Make the dressing by mixing ingredients together in a bowl.*
- *Place the cooked hot rice in a bowl, pour over the dressing, mix well, season to taste.*
- *Finally add the broccoli, cooked beets and figs, mix well, re-adjust seasoning.*
- *Add the onions, almonds, red chili and torn mozzarella, toss gently together.*



MEXICAN GREEN RICE SALAD WITH BLACK BEANS, PICKLED JALAPENO DRESSING

SERVES 10 (AS A SIDE DISH)

FOR THE SALAD

500g frozen risotto base (Riso Gallo)
2 green chillies, roughly chopped
500g spinach leaves
200g fresh coriander
500ml prepared vegetable stock
3 garlic cloves crushed
400g cooked mixed green vegetables (broccoli, courgettes, green beans, sugar snap peas), keeping nice bite to them all
250g cooked black turtle beans

FOR THE DRESSING

75g Pickled jalapeno chillies, chopped
50g freshly chopped oregano
2tb brown sugar
50ml lime juice
100ml vegetable oil
100g freshly chopped coriander
2tb coriander seeds

- *For the green rice, place the garlic, spinach, green chillies and coriander in a blender and blitz to smoothish puree .*
- *Place in a pan, add the prepared stock, quickly bring to the boil, simmer for 2-3 minutes.*
- *Add the rice and cook together for 5 minutes until liquid has gone & rice is just tender.*
- *Pour out on a tray leave to go cold.*
- *THE RICE SHOULD BE A NICE GREEN COLOUR.*
- *Mix the ingredients for the dressing in a blender and blitz until smooth.*
- *Mix the rice with the cooked green vegetables and black beans.*
- *Pour over the prepared dressing, toss gently together, season to taste.*









