



Lou Wilson Monemuasia

Ancient Grain Salad & Dressings

Ingredients

- 1 cup of black rice (or quinoa or freekeh)
- ½ cup lentils
- ½ cup chickpeas
- ½ red onion finely chopped
- 3 tbsp chopped coriander
- 3 tbsp chopped parsley
- 1 tbsp chopped mint
- 1 tbsp hemp seeds
- 2 tbsp pumpkin seeds
- 2 tbsp slivered almonds
- 2 tbsp pistachios
- 2 tbsp pinenuts
- 2 tbsp capers
- ½ cup currents
- Seeds of 1 pomegranate
- 3 tbsp Phileos of Sparta extra virgin olive oil
- Juice of 1 lemon
- Salt and pepper
- ½ cup Greek yoghurt
- 1 tbsp honey
- 1 tsp cumin

Method

1. Prepare black rice (quinoa or freekeh), lentils, chickpeas and cool.
2. In a dry pan without oil, add the nuts and seeds (except the hemp seeds) and lightly toast and cool.
3. In a large bowl, add the precooked rice, lentils, chickpeas, as well as onions, chopped herbs, toasted nuts and seeds, hemp seeds, capers, pomegranates and currents. Mix in the olive oil and lemon juice and a sprinkle of salt and pepper.
4. In another small bowl, mix together yoghurt, honey and cumin. Drizzle this over the salad and keep some in a bowl on the side.

Green Salad Dressing

1. ¼ cup Phileos of Sparta extra virgin olive oil
2. ¼ cup apple cider vinegar
3. 1 crushed garlic clove
4. 1 tsp Dijon mustard
5. 2 tbsp maple syrup
6. Salt and pepper

Parmesan and Garlic Salad Dressing

1. 2 tbsp shaved parmesan
2. ¾ cup Phileos of Sparta extra virgin olive oil
3. 2 cloves of crushed garlic
4. Juice of 1 lemon
5. Salt and pepper

Fennel and Pine Nut Dressing

1. 1 medium-sized fennel bulb
2. 5 tbsp Phileos of Sparta extra virgin olive oil
3. Juice of 1 lemon
4. ¼ cup of pine nuts (or cashews or sunflower seeds)
5. 1 shallot or spring onion
6. 1 garlic clove
7. Salt and pepper