

International Year of Pulses Recipe Competition



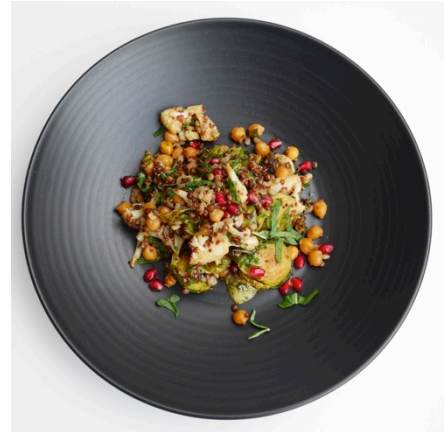
Grains &
Legumes
Nutrition
Council



Australia IYP Signature Dish

QUINOA, BLACK LENTIL & ROASTED BARLEY SALAD WITH CHICKPEAS, CAULIFLOWER, BRUSSELS SPROUTS AND POMEGRANATE IN APPLE CIDER VINEGAR

Recipe by Alison Victor, WA



Recipe Category: Salad/side dish

Serves: 6

Difficulty of recipe preparation: Easy

Preparation time: 15 mins

Cooking time: 1 hour

Ingredients

½ cup red quinoa
¼ cup black lentils
1 celery stick, cut in half
2 cloves garlic, roughly chopped
½ cup chickpeas, soaked overnight
½ cup barley, soaked overnight
½ cauliflower head, florets picked off and hard stem discarded
10 Brussel sprouts, sliced in half
1 tsp ground cumin
1 tsp ground coriander
1 tsp paprika powder
1 tsp ground white pepper
½ cup parsley, chopped
4 tbsp olive oil
1 pomegranate, seeds only, reserve for garnish
6 mint leaves, chopped
1 spring onion

Dressing

½ cup extra virgin olive oil
¼ cup parsley, chopped
¼ cup apple cider vinegar
¼ lemon, juiced
½ tsp paprika powder
½ tsp ground white pepper
6 mint leaves, chopped

Method

1. Preheat fan forced oven to 180 degrees Celsius.
2. Cook red quinoa and black lentils together with 1 garlic clove and half a celery stick in a pot using twice the amount of water to the pulses. Cook for 20 mins until soft. Fluff with a fork and cool.
3. At the same time, cook soaked chickpeas and barley in some water for 30mins. Drain and add to a large oven proof dish.
4. To the same dish, add the cauliflower florets, Brussel sprouts, celery stick, garlic clove, ground cumin, coriander, paprika, white pepper, parsley and olive oil and mix well. Roast in the oven for 30 mins until the veggies start to brown, then remove.
5. Stir in the cooked black quinoa, black lentil, pomegranate and mint leaves.
6. For the dressing, mix together olive oil, parsley, apple cider vinegar, lemon juice, paprika, black pepper and mint leaves in a jar and shake until well mixed.
7. Pour dressing over salad and mix well. Serve warm or cold.