

CYPRIOT GRAIN SALAD- GEORGE CALOMBARIS

Serves 8

Ingredients:

- 1 bunch of coriander shredded
- ½ bunch parsley shredded
- ½ large red onion, finely diced
- 1 cup freekeh, (or cracked wheat)
- ½ cup Du Puy lentils (sifted for any stones)
- 2 tablespoons of toasted pumpkin seeds
- 2 tablespoons of toasted slivered almonds
- 2 tablespoons of toasted sunflower seeds
- 2 tablespoons of baby capers
- ½ cup currants
- 1 tablespoon of red wine vinegar
- 3 tablespoons of extra virgin olive oil
- Salt to taste
- 1 cup thick greek yoghurt
- 1 teaspoon toasted and ground cummin seeds
- 1 tablespoon honey
- 1 pomegranate deseeded



Method:

1. Blanch freekeh and Du Puy lentils separately in boiling water until both just cooked. Drain well and allow to cool.
2. Mix yoghurt, cumin and honey until combined.
3. In a medium bowl, place the coriander, parsley, red onion, freekeh, lentils, toasted nuts and seeds, capers, currants, red wine vinegar and olive oil. Mix well and season to taste.
4. Place into a serving dish and top with cumin yoghurt and pomegranate seeds.