Winter Tabbouleh 2021 .DOC
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Kitchen Garden at Collingwood College 2021

Name of Recipe: Winter Tabbouleh

Volunteer Notes: This is a delicious dish, it will take some time for the students to do all the dicing, slicing & chopping of all ingredients. You could do this dish with: cous cous, quinoa, brown rice instead of the traditional burghal wheat. We will be using BROWN RICE Please check with Des for students on FOD Map diet.

From our garden- silver-beet, beetroot leaves, Rainbow chard, calendula leaves, mint, parsley, edible flowers, lemons, celery, spring onions, carrots-save any spring onion roots to re-plant

What to collect	What to do
2 x mixing bowls cup measure lemon squeezer 2 x cup brown rice cooked with 4 cups water/2 bay-leaves	• Put the cooked rice in a wide bowl. To cool.
1 x portion cabbage-wash well then finely shred 1 leaf at a time 2 stick celery, wash, cut into ½ and finely dice 1 x garlic clove finely chopped Calendula leaves washed Silver beet/kale/chard/spinach leaves, washed & shredded	• Shred the cabbage. & then wash & spin dry • Finely slice the spring onion. • Peel & Grate or shave the carrots. • Prepare the radishes. • Pick/wash/dry the herbs, chop parsley finely. • Roll the mint & shred