

Kitchen Garden at Collingwood College 2019

Name of Recipe: Winter Tabbouleh

Volunteer Notes: This is an delicious dish, it will take some time for the students to do all the dicing, slicing & chopping of ingredients. You can 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, calendula leaves, cabbage, mint, parsley, edible flowers, lemons, celery, spring onions

What to collect	What to do
2 x mixing bowls cup measure lemon squeezer 2 x cup cooked brown rice	<ul style="list-style-type: none">• Put the cooked rice or quinoa in a bowl.
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 4 Carrots peeled & grated 4x spring onion-trim the root, wash & finely dice all the onion length Radishes, washed, cut into ½ finely sliced 2 x handful of cont. Parsley-pick/wash & shred 1 x handful of mint –pick/wash/shred	<ul style="list-style-type: none">• 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.• Mix all these ingredients in a large bowl with the rice or quinoa.• Add the shredded leaves
2- lemon zested & juiced 4 Tbsp XV. olive oil Salt flakes Ground black pepper ½ Preserved lemon-remove inner flesh, finely dice the rind (optional)	<ul style="list-style-type: none">• Zest the lemon & juice, add to the salad with the oil and seasonings. Mix and taste.• Scatter the top with some dice preserved lemon, decorate with calendula or viola flowers.
3-4 x bowls and serving spoons	<ul style="list-style-type: none">• Divide into 3-4 bowls.