

Miele

Mixed grain salad

By Miele

15 minutes

Preparation time

28 minutes

Cooking time

6

Serves



INGREDIENTS

½ cup quinoa
½ cup freekeh
½ cup barley
½ cup currants
½ cup verjuice
½ cup almonds
1/3 cup pistachios
1/3 cup pine nuts
½ bunch continental parsley
½ bunch mint
½ bunch coriander
1 lemon, zest
Salt and pepper, to taste
2 tbsp extra virgin olive oil

To serve

100g Greek yoghurt
1 pomegranate, deseeded

METHOD

1. Combine quinoa, freekeh and barley in unperforated steam container. Add 400ml water and steam at 100°C for 20 minutes until grains are tender and water has been absorbed.
2. Preheat oven on Fan Plus at 160°C.
3. Whilst the grains are cooking, place the verjuice and currants in a small saucepan. Heat on a medium-high heat, induction setting 7, until the verjuice begins to boil. Remove from the heat and set aside.
4. Place the almonds, pistachios and pine nuts on a baking tray, and place in the oven on shelf position 2. Roast for 5-8 minutes or until nice and golden. Once cooked, transfer to a chopping board to cool for 5 minutes, before roughly chopping.
5. Place the nuts in a large salad bowl, along with the currants and verjuice. Finely chop all of the herbs and add to the bowl, along with the lemon zest.
6. Once the grains have cooked, drain off any excess liquid, and allow to cool for a few minutes before adding to the bowl with the nuts and herbs.
7. Stir to combine, add the olive oil and season with salt to taste.
8. Transfer to a serving dish or platter, and top with some Greek yoghurt and pomegranate seeds.