





WILD RICE & ROCKET SALAD WITH CHAI SOAKED RAISINS

 GF, RSF, VEG

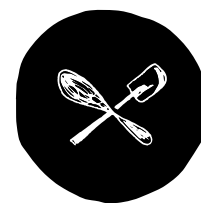
 1 hr

 6 - 8



Ingredients

- 200g rocket
- 1 cup black quinoa
- ½ cup wild rice
- 1 cup Israeli couscous or freekeh
- ½ cup raisins
- 1 cup strong freshly brewed chai tea
- 1½ cups natural greek yoghurt
- 1 tsp cumin
- 1 tbs honey
- ¾ cup roasted almonds, roughly chopped
- ¼ cup pepitas
- 2 tbs black sesame seeds
- Juice of 1 lemon
- 2 tbs olive oil
- Sea salt



Method

1. Make one cup of strong chai tea, pour into a small bowl, add the raisins and let them soak overnight (or a few hours if you're short of time... the chai flavour just won't be as strong).
2. Cook the wild rice, quinoa and couscous according to the packet instructions and set aside to cool.
3. In a medium mixing bowl combine the natural yoghurt, cumin and honey, then set aside.
4. In a large mixing bowl, combine the rocket, olive oil, lemon juice and a large pinch of sea salt, toss well.
5. Drain the raisins and set aside.
6. Add the wild rice, quinoa and couscous to the rocket mixture along with the raisins, pepitas and half of the almonds.
7. Spread the yoghurt mixture around the bottom of your serving dish.
8. Now add the rocket and grain mixture on top.
9. Sprinkle the salad with the remaining chopped almonds, black sesame seeds, a drizzle of olive oil and a pinch of sea salt. Enjoy!

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