

# Whole Quail with Prune and Burghul Stuffing, Spiced Cauliflower Bake & Charred Broccolini



# Whole Quail with Prune and Burghul Stuffing, Spiced Cauliflower Bake & Charred Broccolini

A great combination for a dinner party, or warm autumn lunch

SERVES: 6 | LEVEL OF DIFFICULTY: ●○○

## Quail

### INGREDIENTS

- 6 x jumbo quail
- 50g parsley
- 2 eggs
- 100g burghul
- 50g **Australian prunes**, chopped
- salt and pepper
- 1 lemon zest and juice

### METHOD

1. Heat oven to 180°C.
2. Boil burghul in salted water for 10mins until al dente.
3. Strain and cool and mix with remaining ingredients.
4. Take quail and stuff with mixture from the bottom cavity until full and plump.
5. Pan sear in a medium non-stick pan until golden all round and bake for 15 mins until nice and pink roasted, rest and serve with side dishes.

## Spiced Cauliflower Bake

### INGREDIENTS

- 2 garlic cloves chopped
- ½ tsp crushed coriander seeds
- 1 tsp cumin seeds
- ½ tsp mustard seeds
- ½ tsp fennel seeds
- 1 ½ tsp smoked paprika
- 1 tsp turmeric
- 1 head cauliflower chopped into flowerets
- 1 bunch of parsley chopped

- 400mls cream
- 200g Persian fetta
- 50g old bread or sourdough into breadcrumbs

### METHOD

1. Mix all spices with 2 tsps of olive oil and rub into cauliflower in a bowl. Add chopped garlic and all other ingredients and toss around.
2. Transfer to a baking tray top with sourdough crumbs and a dash of olive oil.
3. Bake at 180°C in oven until golden and crispy, about 30-40mins.

## Charred Broccolini

### INGREDIENTS

- 2 x bunches broccolini
- 1 bunch mint
- 100g red grape halves
- 1 orange zest and juice
- salt and pepper
- extra virgin olive oil

### METHOD

1. Char broccolini in a frying pan on medium heat with a small amount of vegetable.
2. Place onto serving platter.
3. Top with mint, grapes, orange zest and juice, season and dress with olive oil.



Visit [www.ausprunes.org.au](http://www.ausprunes.org.au) for health benefits and recipes  
Share your creation & tag us at @ausprunes #ausprunes