

# MIDDLE EASTERN RICE AND PRUNE SALAD

RECIPE BY GUEST CHEF MATT GATT, HUNGRY FOX BISTRO



Serving Size  
*6-8 People*



Prep Time  
*15 Minutes*



Serve Time  
*10 Minutes*



Total Time  
*25 Minutes*

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## INGREDIENTS

- 250g Brown Rice and Quinoa
- 2 cups Aus Prunes, chopped
- 1 bunch Mint
- 1 bunch Parsley
- 1 bunch Coriander
- 2 Lemons, zested and juiced
- 2 tbs Zaatar
- 2 Tomatoes, diced
- 1 Cucumber, diced
- 1 red Capsicum
- 1/2 Spanish Onion
- 3 tbs Olive oil
- 1/2 Cauliflower, cut into florets



## METHOD

1. Dice 2 tomatoes and one large red capsicum.
2. Peel and dice half a red onion. Add to mixing bowl.
3. Tear off the tops of the parsley, mint and coriander and roughly chop. Add to bowl.
4. Zest the lemon into the bowl then cut and juice adding to salad.
5. Mix in 1 cup of cooked brown rice and quinoa mix.
6. Add in 2 tablespoons of zaatar and season with salt and cracked pepper
7. Chop or tear up one cup of prunes and add to bowl.
8. Add 1/2 a roasted cauliflower cut into florets.
9. Drizzle with olive oil and mix to combine.
10. Serve family-style in a platter.



For more information contact the **australian prune industry association incorporated at [www.ausprunes.org.au](http://www.ausprunes.org.au)**

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