

Grain salad, tomato, goat curd, sunflower dukkha

Serves 4

Ingredients salad

200 g barley soaked overnight
150 g faro soaked overnight
200 g fresh tomatoes cut in 2 cm pieces
100 g blanched kale /sliced
5 g almond toasted / sliced
5 g sunflower seed toasted
10 g dill chopped
10 g parsley chopped
5 mint leaves chopped
2 tablespoons currents soaked in apple juice / soak for 2 hrs or overnight
3 spring onion fine chopped
10 ml pomegranate molasses

Cherry vinegar dressing

150 ml cherry vinegar dressing
200 ml olive oil
1-tablespoon Dijon mustard
1-tablespoon honey
Salt

Sunflower dukkha

30 g sunflower seeds toasted
20 g pine nuts toasted
1-tablespoon poppy seeds
1-tablespoon hemp seeds
1/2 tablespoon black sesame seeds
1-teaspoon sweet paprika
1/4 teaspoon salt flakes

100 g Tongala goat curd
Salad leaves

Method

Boil both grain for until soft, rinse under cold water and set aside.
Blanch the kale leaves in salt water for 2 min and cool in ice water for 2 min,
press the remainder water out of the kale a slice in 0.5 cm.

For the sunflower dukkha, place poppy seeds, black sesame seed in a pan on low heat and toast them until fragrant. Roast the pine nuts in oven on 160 degrees 4 min or until golden.

Mix all dukkha ingredients and set aside

Add all salad ingredients in large bowl season with salt and add dressing.
Place the goat cured in a small bowl and Wisk until fluffy.

For plating the salad, smear the goat curd first on the plate and top with the dressed salad.

Sprinkle sunflower dukkha on top and finish with a drizzle of good olive oil.