

Mograbiah Salad with pumpkin and greens

Ingredients

1 butternut pumpkin

1 red onion

1 bunch of parsley

2 sticks of celery

Handful of rocket chopped

Red cabbage shredded

Chinese cabbage shredded

Half a Cauliflower divided into small florets

Handful of chopped mint.

1/2 cup of chopped dates

1/2 cup of shredded coconut

2 teaspoons of cumin

1 teaspoons for salt

300 grams of mograbiah

4 cloves of garlic

Snow peas finely chopped

Find a large baking dish line with baking paper, place

chopped pumpkin

cauliflower florets

kale,

olive oil,

garlic cloves, unpeeled, and sprinkle with cumin and sea salt.

Once your vegetables are nearly cooked then add your broccoli florets and place back into the oven for another 5 minutes. Remove and set aside. Squeeze out your garlic from the clove and add it to your dressing.

Place mograbiah in a medium saucepan add 4 cups of water and 1 teaspoon of stock mix then place on stovetop and cook for approximately 17 minutes. Keep checking the liquid has not all gone.

Dressing

1 lemon rind and juice

3 tablespoons of olive oil

Sea salt

Pepper

1 teaspoon of mograbiah spice

Roasted garlic cloves

1 tablespoon of pomegranate molasses

1 tablespoon of orange blossom water

Place all ingredients into a jar, shake until well combined

Once mograbiah is cooked, remove from oven place on two platters, add your roasted vegetables chopped herbs and ,chopped vegetables.

Pour over your dressing.

Toss lightly then sprinkle with your coconut and dates.