

WILD RICE SALAD

Ingredients

600 grams of wild rice
100 grams of peas or broad beans double shelled
3 spring onions
1 continental cucumber
1/2 a cup of parsley finely chopped
1/2 a cup of sorrel finely chopped
Handful of broccoli or cauliflower florets
1/4 cup finely chopped mint
300 grams feta cheese crumbled
Grated zest of and juice of 2 lemons
1 teaspoon of green Harissa
100 mls of extra virgin olive oil

METHOD

1. Place a big saucepan of water on the stove and cook the rice according to these instructions. For every 1 cup of rice add 3 cups of water , cook until rice is just soft.
2. Drain into a colander and run cold water over
3. Meanwhile place a medium sized saucepan of water onto boil.
4. Blanch your chopped peas or broad beans .Drain into a colander and run cold water over them then set aside
5. Finely chop your cucumber and spring onions
6. Finely chop your mint and parsley
7. Crumble or grate your feta

Dressing

8. Put your oil ,lemon juice, and green Harissa paste in a bowl together and mix well
9. In a large bowl add you rice,vegetables,herbs and cheese,then add the dressing.
10. Sprinkle any of the following toppings 1/4 a cup of pea shoots or if not in season add 1/4 a cup of sunflowers kernels