

Red Camargue & Wild Rice, Roasted Butternut Squash, Grapes, Sprouting Seeds, Pomegranate and Tahini Labneh

(1 portion) £1.58 per portion



40g red Camargue rice, cooked through
40g wild rice, cooked through
20g red endive leaves, picked, washed and spun dry in a salad spinner
20g white endive leaves, picked, washed and spun dry in a salad spinner
20g baby gem leaves, picked, washed and spun dry in a salad spinner
40g roasted butternut squash
20g seedless grapes, cut in half
15g pomegranate seeds
5g mint, finely shredded
5g flat parsley, finely shredded
15ml rapeseed oil
Malden sea salt
Cracked black pepper
20ml tahini labneh
10g sprouting seeds or beansprouts
2g sumac powder

Roasted Butternut Squash

1 butternut squash (approximately 1kg), peeled, seeded and diced into 2cm cubes
20ml rapeseed oil
10g picked thyme leaves
10g rosemary
10g garlic
Salt and freshly ground black pepper

Pre-heat the oven to 180*c. Marinade the cubes with the rapeseed oil, herbs, garlic and season in a bowl and season. Sear the cubes in a hot pan, lightly caramelize all around, take out and place on a baking tray. Put in the oven until just cooked 3-4 minutes (Do not overcook) Leave to cool but keep at room temperature.

Tahini Labneh

500ml dairy free yoghurt

½ tsp salt

2tbsp tahini

¼ lemon juice

Arrange a double layer of cheesecloth in a conical strainer or colander (or you can use coffee filters) spoon the yoghurt into the strainer, and place strainer over a bowl so that it rests a few inches above the bottom of the bowl. Lightly cover strainer with cling film. Refrigerate 24 hours. Remove the strainer from the bowl and discard the whey. Spoon labneh into a bowl add the tahini, lemon juice and season Store in refrigerator for up to 1 week.

To Serve

Mix the red Camargue rice with the grapes, the wild rice with pomegranate seeds then rapeseed oil and season, arrange all the ingredients in the bowl as per the picture, finishing with the sprouting seeds and tahini labneh in a ramekin. Drizzle some rapeseed oil over and around and finish with a dusting of sumac on the labneh.