

# ZAYTOUN RECIPES

## Spicy Green Maftoul Salad

This new recipe for a delicious spicy green maftoul salad comes from Sami Tamimi, Palestinian head-chef at Ottolenghi, and author of the cookbook, *Falastin*. It celebrates the nutty pearls, and with its sharp, lemony, herby flavours, it's the perfect summer salad to accompany oily fish, roast chicken or any grilled meats straight off the BBQ.

Our campaign **#ThisIsNotCouscous** celebrates the age-long tradition of hand-rolling bulgur with whole wheat flour and water to produce the iconic Palestinian giant couscous: maftoul. For more recipes and stories join in on our social media channels.



### PREPARATION METHOD

1. Rinse the maftoul under cold water and place in a medium saucepan with the water or stock. Bring to a boil and simmer over a low heat for 12 minutes. Take the pan off the heat, pop the lid on and let it stand for 10 minutes to allow the maftoul to absorb all the liquids.
2. Meanwhile, heat the olive oil in a medium pan, add the sliced spring onions and cook, stirring regularly for 2-3 minutes or until the onion has softened. Move the onions to a small bowl or plate and leave to cool slightly.
3. Place all the dressing ingredients in a food processor and blitz until you have a lovely smooth paste.
4. Stir the herb dressing into the maftoul, before adding the spring onions, pistachios, spices, chilli, ¼ tsp of salt and a good grind of black pepper.
5. Finally add the shredded kale and gently mix to combine before serving.

Rooted in Time  
& Tradition



### INGREDIENTS

Serves 4 as a side dish

- 200g maftoul
- 350ml boiling water or vegetable stock
- 4 spring onions, finely sliced (120g)
- 1 tbsp olive oil
- 60g pistachios, toasted & roughly chopped
- ¼ tsp Aleppo chilli flakes
- 1½ tsp nigella seeds
- 1 fresh green chilli, thinly sliced
- 50g kale, shredded, the kale can be replaced with lamb's lettuce or tenderstem broccoli.

### HERB DRESSING

- 20g flat-leaf parsley
- 20g coriander
- 2 tbsp lemon juice
- 1 tsp ground cumin
- 100ml olive oil
- 50g dill
- 50g mint



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