

OLD JOE'S KAIA COUNTRY HAVEN

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RED QUINOA & BUCKWHEAT TABBOULEH

Serves 5-6 people

First rinse the quinoa & buckwheat, then simmer in measured water for 15 minutes with a closed lid, remove from heat keeping the lid closed for another 5 minutes. Transfer to a mixing bowl and cool completely:

100 g [red quinoa](#)
100 g [buckwheat](#)
500 ml *boiling water*
10 ml *vegetable stock powder*

Once above mixture is completely cold and just before serving add the following and stir lightly with a large fork:

300 g *ripe firm tomato, chopped*
200 g *cucumber, finely chopped*
100 g *currents or chopped raisins*
25 g *parsley, chopped*
25 g *mint, chopped*
25 g *spring onions, chopped*
60 ml *olive oil*
60 ml *fresh lemon juice*
5 ml *salt*

You can substitute red quinoa with white quinoa, but the colour and appearance will be compromised, however taste will be the same.

We often use red, orange and yellow cherry tomatoes, cut in half, for colour together with ripe firm standard tomatoes to make up the required 300g.

Only add the olive oil and lemon juice close to serving time to prevent the salad from becoming watery.

NOTE: Raisins are not normally part of a traditional tabbouleh, nor is quinoa or buckwheat (normally is bulgur wheat), but we improvised to create a dish with exciting texture and balanced taste.

Serve with GREEN CASHEW SAUCE or mayonnaise on the side, seed sprouts and edible flowers.