

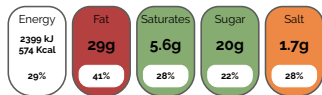


Charred apricot harissa
cabbage, lemon, chickpea &
quinoa, yoghurt & parsley

WAYS TO BE WELL

Charred apricot harissa cabbage, lemon, chickpea & quinoa, yoghurt & parsley

Serves 4 | Vegan



Adults need around 2000Kcal/84000kJ a day.
Typical values per 100g: Energy 573kJ/137Kcal.

INGREDIENTS:

Marinade & dressing
100g apricot harissa
60ml olive oil
20g maple syrup
0.5 lemon, zested, juiced
3.5g salt
100g coconut yoghurt

Salad
140g white quinoa
140g red quinoa
2g cumin seeds
4g garlic, peeled, finely chopped
6g fresh ginger, peeled, finely chopped
5g red chilli, deseeded, finely chopped
160g tinned chickpeas, drained, rinsed
2g smoked paprika

1.5g black pepper
340g Waste Knot cabbage
140g red onion, peeled, cut into wedges
16g flat leaf parsley, washed, half picked, half finely chopped
18g dried apricots, chopped

METHOD:

1. Preheat an oven to 200°C.
2. First make the marinade and dressing; blend the apricot harissa paste, 40ml oil, maple syrup, zest and juice of half a lemon, 2g salt in a food processor until smooth. Take half the mix for the marinade and add the rest to the coconut yoghurt to make the harissa yoghurt dressing, set aside.
3. Cook the white and red quinoa separately in water until tender, drain.
4. In a saucepan on a medium heat, add 8ml oil and the cumin seeds, cook until the seeds are toasted, add the garlic, ginger and chilli, cook for 2 minutes. Finally add 100g chickpeas and the quinoa, cook for a couple minutes and check the seasoning, add the remaining lemon zest and juice, mix and set aside.
5. Deep fry the remaining chickpeas, at 180°C until golden and crisp, drain and dust with smoked paprika and salt.
6. Wash the cabbage, using the outer leaves and removing the stalk, cut the heart into 6-8 wedges depending on size. Place in a bowl with the red onion and pour the harissa marinade over. Mix the marinade well into the vegetables. Place on separate baking trays and cook for 10 mins or until charred and cooked through, remove from the oven.
7. To serve; add the chopped parsley to the quinoa and chickpea mixture and place on the serving plate, arrange the charred cabbage and onions on top. Pipe on the harissa yoghurt, scatter over the deep-fried chickpeas and apricots, finish with the picked parsley.