



QUINOA & BULGAR WHEAT SALAD

Ingredients

Quinoa & Bulgar Wheat Salad

1100g bulgar wheat
100g Chef William Quinoa
3g fresh chopped coriander
25g dried diced apricots
20g dried sliced or diced cranberries
3g fresh chopped mint
12g toasted sunflower seeds
10g toasted pumpkin seeds
3g turmeric powder



Ingredients

Spiced Orange & Honey Dressing

300ml orange juice
45g clear honey
1.5g ground cinnamon
35ml cider vinegar or rice wine vinegar
2g ground coriander
40g golden caster sugar
5g arrowroot or cornflour
10ml cold water to mix the arrowroot or cornflour
Salt and freshly ground black pepper to taste

WITH

SPICED ORANGE & HONEY DRESSING

Method

1. Boil a suitable pan of water and add the turmeric powder. Cook the bulgar wheat according to the instructions on the packet, cool on a flat board or tray.
2. Cook the Quinoa as above but exclude the turmeric.
3. Retain a quarter of the toasted seeds and save a few extra whole sprigs of the fresh herbs to garnish the completed salad.
4. Mix all the remaining prepared ingredients together.
5. Prepare the dressing.

Method

1. In a saucepan set over a medium heat reduce the orange juice by 50%.
2. When reduced add the remaining ingredients (excluding the salt and pepper at this stage) stirring to combine.
3. When combined, stir in the mixed arrowroot or cornflour and cook gently for a few more minutes.
4. Adjust the seasoning to taste.
5. Allow to cool.



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QUINOA

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A versatile ingredient in salads, convenience and bakery products.

Quinoa is gluten free and can be eaten like a grain and used in many dishes and recipes. It's high in protein and fiber, and contains all nine essential amino acids.

The Chef William brand was created over 30 years ago by Sleaford Quality Foods and named after one of our founders, Mr William Arnold.



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Web: sleafordqf.com

Tel: +44 (0) 1529 305000