

HALLOUMI & HARISSA



'TABBOULEH'

This Middle-Eastern dish is traditionally made with bulgur wheat, but rice works just as well in this fresh herby salad.



SERVES 3



TAKES 45 minutes

100g/½ cup plus 1 tbsp wholegrain jasmine rice
50g/2oz flat-leaf parsley, finely chopped
½ bunch mint, finely chopped
4 spring onions (scallions), finely chopped
125g/4½oz cherry tomatoes, finely chopped
100g/4oz cucumber, finely chopped
½ tsp allspice
juice ½ lemon
1 tbsp extra virgin olive oil
250g/9oz block halloumi, cut into 12 slices
handful pomegranate seeds
salt and freshly ground black pepper

For the dressing
1 heaped tbsp harissa
juice ½ lemon
2 tbsp extra virgin olive oil
1 tbsp honey

Cook the rice in salted water according to the packet instructions. Drain, then spread it out on a tray and leave to cool.

Combine the herbs, spring onions, tomatoes, cucumber, allspice, lemon juice, oil and some seasoning together in a bowl. Add the cooled rice and mix well. To make the dressing, mix together the harissa, lemon juice, oil, honey and seasoning.

Heat a non-stick frying pan over a medium heat and fry the halloumi slices in batches until golden brown and soft. Top the tabbouleh with the halloumi, drizzle over the dressing and scatter with pomegranate seeds.



CHICKEN & MANGO

RICE SLAW

Make a slaw more of a meal by adding rice. Mango chutney is an underrated ingredient, and here it is used to brighten the dressing and add depth of flavour.

 SERVES 4

 TAKES 50 minutes

150g/ $\frac{3}{4}$ cup plus 1 tbsp
wholegrain jasmine rice
25g/ $\frac{1}{2}$ cup coconut flakes
1 tsp nigella seeds
1 large carrot, grated
200g/7oz red cabbage, shredded
1 small red onion, finely sliced
1 small mango, sliced
2 ready-roasted chicken
legs, shredded
handful chives, finely chopped
salt and freshly ground
black pepper

For the dressing

3–4 tbsp mango chutney
100g/4oz Greek yoghurt
zest and juice 1 lime

Cook the rice in salted water according to the packet instructions. Drain, then spread it out on a tray and leave to cool.

Heat a small frying pan and toast the coconut flakes until golden brown, then tip into a bowl. Spoon the nigella seeds into the pan and lightly toast, then add to the coconut flakes. Combine the dressing ingredients together in a small bowl.

In a large bowl, mix together the carrot, cabbage, onion, mango, chicken and cooled rice. Stir through the dressing, taste and season, then transfer to a serving dish. Scatter over the coconut flakes, nigella seeds and chives.

Tip: To roast your own chicken legs, preheat the oven to 200°C/400°F/gas 6. Rub two chicken legs with olive oil, season and roast for 40–45 minutes, or until cooked through.



MEXICAN

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BLACK RICE

With its firm texture, black rice is a great salad base. Add sweet tomatoes and sweetcorn, salty feta and a tangy lime dressing for a dish that's bursting with sunshine.

 SERVES 4–6

 TAKES 35 minutes

250g/1¼ cups black rice
2 sweetcorn cobs
250g/9oz mixed baby tomatoes
1 large red onion, finely chopped
½ small bunch mint, roughly chopped
½ small bunch coriander (cilantro), roughly chopped
½ small bunch flat-leaf parsley, roughly chopped
150g/5½oz feta, broken into chunks
salt and freshly ground black pepper

For the dressing

3 tbsp extra virgin olive oil
zest and juice 2 limes
1 green chilli, deseeded and finely chopped
2 garlic cloves, crushed

Cook the rice in salted water according to the packet instructions. Drain, then spread it out on a tray and leave to cool.

Meanwhile, bring a pan of water to the boil and cook the corn cobs for 10–15 minutes until tender. Drain and leave to cool. Mix all the dressing ingredients together in a bowl and season.

Slice the kernels from the cobs and tip them into a large bowl. Add the rice and remaining ingredients, except for the feta. Pour over the dressing and toss everything together. Divide between plates and crumble over the feta.

