

## Burghal and pomegranate salad with chargrilled chicken and yoghurt sauce

Serves 10

### INGREDIENTS

400gm	Burghal
1500ml	Water cold
3/4 cup	Herb mixture: parsley, mint, chives chopped
1/2 cup	Spring onion sliced
1/4 cup	Red capsicum diced
1/4 cup	Peas
1/4 cup	Chick peas
1	Pomegranate seeds
1 quantity	<u>Pura Tuscan Blend pomegranate dressing</u>
1 quantity	<u>Pura Tuscan Blend creamy Greek yoghurt sauce</u>
20 x 80g	Chicken thigh skewers

### METHOD

- Soak Burghal for 2 hours, drain well
- Add all ingredients, mix well
- Add dressing to taste. You will not require the entire amount of dressing

### TO SERVE

- Wash and prepare all salad ingredients, mix together
- Add Pura Tuscan Blend pomegranate dressing into bowl, lightly toss and season salad
- Place salad on plate
- Place chicken onto plate, drizzle with Pura Tuscan Blend creamy Greek yoghurt sauce

## Pura Tuscan Blend pomegranate dressing

Serves 10

60ml	Pomegranate molasses
125ml	Orange juice
20ml	Honey
100ml	<u>Pura Tuscan Blend oil</u>
1 tbl	Sumac
1tbl	Mint dried
40ml	Turkish red pepper paste
Pinch	salt

### METHOD

- To make the dressing
- Place pomegranate molasses, orange juice, honey and mint in a bowl
- Add Pura Tuscan Blend oil and mix well
- Add a pinch of salt and more honey if dressing needs more sweetness
- Refrigerate until needed to serve

FOR BEST RESULTS: Use within 7 days

## Pura Tuscan Blend creamy Greek yoghurt sauce

Yield 250ml

### INGREDIENTS

50ml	fresh lemon juice, from one lemon
2	teaspoons sugar
2	cloves garlic crushed
125ml	Greek yoghurt
80ml	<u>Pura Tuscan Blend oil</u>
1/2	teaspoon salt
1/4	teaspoon freshly ground black pepper
1/2	teaspoon cumin roasted, ground

### METHOD

- Combine all of the ingredients in a bowl and whisk to combine
- Refrigerate until ready to serve

FOR BEST RESULTS: Use within 7 days

