

Wild Rice, Dukkah Egg and Pomegranate Salad



Preparation time: 25 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Quick & Easy, Lunch Recipes, Entertaining, Vegetarian



Ingredients

SALAD:

- 2/3 cups (130g) wild rice
- 6 eggs
- 1/2 cup store-bought dukkha
- 1 cup baby mint leaves
- 1 cup baby coriander leaves
- 2 cups (60g) baby rocket leaves
- 1/2 cup (40g) toasted flaked almonds
- 1/4 cup (35g) pomegranate seeds
- 1/4 cup (35g) dried cranberries
- 1 x 400g can chickpeas, rinsed and drained

ORANGE DRESSING:
1 orange, rind finely grated and juiced
1 tablespoon red wine vinegar
2 tablespoons olive oil
1 teaspoon Dijon mustard

Method

- SALAD:
1. Place rice in a medium saucepan of boiling water. Bring to the boil, reduce heat to medium and cook for 40-45 minutes or until tender. Drain.
 2. Bring a small saucepan of water to the boil. Add eggs and simmer for 6 minutes for soft-boiled eggs. Drain and stand in cold water. Crack shells and gently peel. Place dukkha on a plate and roll the eggs in the dukkha. Set aside.
 3. Place rice, mint, coriander, rocket, almonds, pomegranate, cranberries and chickpeas in a large bowl and toss to combine. Place on a large platter.

- ORANGE DRESSING:
1. To make the dressing place the orange rind and juice, vinegar, oil, mustard, salt and pepper in a small bowl and whisk to combine.
 2. Drizzle the salad with dressing. Halve the eggs and place on top of the salad. Sprinkle with extra dukkah to serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
243g	1500kJ 359kcal	14.8g	18.6g	2.8g	28.1g	9g	184mg	9.3g

All nutrition values are per serve.