



zucchini, halloumi, tomato and healthy grain salad

½ cup dirt(y) royal baby blue lentils or any French-style green lentils*
¼ cup quinoa seeds (not flakes), soaked for 30 mins then rinsed till water runs clear
¼ cup amaranth* (optional)
8 zucchini flowers
1 each green and yellow zucchini, cut into long strips or 'ribbons' (use a mandolin for ease)
2 cups assorted heirloom tomatoes, chopped any old how
½ bunch parsley, randomly picked and chopped
½ bunch basil
2 lemons, zested and juiced
250 g halloumi cheese
120 ml extra virgin olive oil
salt flakes and cracked pepper

Cook lentils according to box instructions, after 15 mins add quinoa and cook for further 15, until quinoa has broken a little and most of the water has been absorbed. Drain, season and set aside.

Heat up a grill plate or heavy pan, grill the haloumi on both sides till 'smoky' **and** coloured. Remove and rip into bite size pieces when cool.

Lightly oil and season the zucchini strips, then grill until coloured.

Use remaining olive oil to prepare a dressing by adding lemon juice and a big pinch of salt and cracked pepper.

If using amaranth, pre-heat a large heavy based pan over medium to high heat for a few minutes. Chuck **the amaranth in to 'roast' with lid on and shake vigorously (so it doesn't burn) for a couple of minutes as it pops. It's a popper (like popcorn) so don't take the lid off.** Remove from heat and tip into a bowl when it has all popped and doubled in size.

Get the lentils and quinoa on a plate, dress with half the dressing, top with zucchini ribbons, tomato and halloumi. Separate a few random petals of zucchini flowers and scatter over. Drizzle remaining dressing, sprinkle with popped amaranth, more salt flakes, pepper, parsley, basil and lemon zest.

*amaranth is available at health food stores or in the health food aisle good supermarkets.

Recipe source: Simon Bryant – dirt(y) inc: <http://www.dirtyinc.com.au/>

dirt(y) inc royal baby blue lentils were used in this recipe

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