

Millet Tabbouleh

Equipment: Measuring cups and spoons. Sharp knife Medium saucepan Small frypan Sieve Juicer Wooden spoon Large bowl Serving bowls	Ingredients: 250 g millet 15 g flat leafed parsley, finely chopped 15 g mint, finely chopped ½ bunch of spring onions, finely sliced 50g pepitas, toasted 100g red grapes, halved 2 tbsp lemon juice 4 tbsp extra virgin olive oil Salt and pepper
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What to do:

1. Cook the millet in plenty of boiling, lightly salted water for 10 minutes or until the grains are soft but not turning to pulp. Strain through a sieve then pass under cold running water to cool. Drain thoroughly and tip into a salad bowl.
2. Toast pepitas in a small dry frypan. Take care to not burn them.
3. Stir in the remaining ingredients until well combined. Cover and chill to let the flavours mingle until ready to serve.

Tip

At home you might like to add chopped dried apricots or prunes, halved cherry tomatoes, sliced radishes or lightly cooked vegetables such as asparagus or sugar snap peas.