

Amaranth tabouleh with beans and haloumi

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The kids will adore the squeaky texture of haloumi and often have it lightly grilled as an afternoon snack; but its texture and salty flavour really shine in a salad.

Martyna Angell, author of [The Wholesome Cook](#), separated the tabouleh recipe because it makes a perfect base for fish or leftover roasted vegies and meats. In summer, swap tomato for watermelon. Omit haloumi for a dairy-free, vegan or paleo version!

Ingredients (serves 4)

Tabouleh

- ½ cup amaranth
- 1 cup filtered water
- 2 kale leaves, central stalks removed, leaves torn roughly
- 3 tbsp lemon juice
- 2 tbsp extra-virgin olive oil or sweet almond or macadamia oil
- 1 ripe truss tomato, diced finely
- 1 cup firmly packed flat-leaf parsley leaves, chopped finely
- 1½ tbsp dried blueberries
- 10 raw almonds, chopped finely
- 3 tbsp walnuts

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- 2 tbsp rice malt syrup or honey

Salad

- 400 g green or yellow beans ends trimmed
- 3 tbsp olive or macadamia oil, plus extra
- 2 x 250 g packets haloumi, cut into 1cm thick slices

To serve

- 1 tsp dukkah or za'atar spice mix
- 2-4 lemon wedges

Method

To make the tabouleh, rinse amaranth well under cold running water to remove the soapy saponin residue. Place in a small saucepan with water and bring to a boil. Reduce heat to low, cover with a lid and simmer gently for 10 minutes, stirring occasionally. It should be cooked to just al dente. Drain in a sieve and allow amaranth to cool before using.

Place kale in a large bowl, drizzle with lemon juice and oil and massage to soften the leaves. Add amaranth, tomato, parsley, dried blueberries and almonds. Mix well. Drizzle walnuts with rice malt syrup or honey, add to the tabouleh and place beans in a saucepan of boiling water, cook for 3 to 4 minutes, then drain. Heat oil in a large frying pan over medium heat and add haloumi slices. Cook for 2 to 3 minutes on each side, or until lightly browned.

Divide tabouleh between serving plates, top with beans and grilled haloumi. Sprinkle with dukkah or za'atar and serve with lemon wedges on the side.

Words & recipe from [The Wholesome Cook](#).

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