

ZAYTOUN RECIPES

Maftoul salad

Recipe shared by Nasser Abufarha for **Zaytoun's 10th anniversary**.

“Sahha w Afyeh” – Bon Appetit

Nasser is the founder of Canaan Fair Trade and the Palestinian Fair Trade Association, both of these ground breaking organisations are also celebrating their 10th anniversaries this year.

Light, fluffy, and delicious! This delectable salad recipe is highly nutritious and ideal as a healthy vegetarian lunch, a starter, or accompaniment to a meat or vegetable main dish. Can be served warm or cold.



PREPARATION METHOD

1. Add 1 tbsp salt to 1 litre of water and bring to the boil.
2. Toast maftoul in 2 tablespoons of olive oil for 4 minutes on medium-high heat.
3. Add toasted maftoul to the boiling water and let it simmer for 12 minutes.
4. At the same time add 250ml hot water to the raisins and simmer in a pot for 10 minutes. Allow to cool then drain.
5. Sauté onions in 1 tbsp of olive oil, and set aside to cool.
6. In a large bowl, combine the maftoul, raisins, both kinds of onions, parsley, chilli, za'atar, lemon juice, and 2 tbsp olive oil and mix, seasoning with sea salt and freshly ground black pepper.

To order za'atar, matfoul and olive oil from Zaytoun, please go to www.zaytoun.org

Rooted in Time
& Tradition



INGREDIENTS

Serves 4 as a side dish

- 250g Zaytoun maftoul
- 5 tbsp Zaytoun olive oil
- 75g raisins
- 1 onion, diced
- 1 small bunch spring onions, sliced thinly
- 1 small bunch parsley, finely chopped
- 1 fresh chilli pepper, sliced thinly
- 1 lemon, juiced
- 1 tsp sea salt
- 1 tsp black pepper, freshly ground
- 1 tsp Zaytoun za'atar

