PALESTINIAN RECIPES
Roast parsnip and carrot salad with Zaytoun freekeh and a yoghurt dressing
Recipe created by Jane Baxter for Zaytoun’s 10th anniversary.

“I am very honoured to develop a recipe using these amazing Palestinian products.”

We were thrilled when Jane Baxter, one of the UK’s favourite chefs, agreed to create a recipe to celebrate our 10th anniversary. Using the produce from Palestine, she created this easy-to-make seasonal salad with the smoky flavour of freekeh, warming spices and a shot of chilli to blast away winter blues.

Jane set up the Riverford Field Kitchen in Devon and is the co-author of the Riverford Farm Cookbook and Recipes for Everyday and Sunday. Her latest book, co-written with Henry Dimbleby, is Leon: Fast Vegetarian. Jane also runs a touring restaurant, Baxter Moveable Feasts, and is a regular foodie contributor to many of the UK’s leading broadsheets.

INGREDIENTS
Serves 4-6
• 500g parsnips
• 500g carrots
• 30g butter melted
• 2 tbsp olive oil
• 100g freekeh

Dressing:
• 200ml yoghurt
• Zest and juice 1 orange
• 1 clove garlic crushed
• Pinch ground cumin and cardamom
• 75g pitted Medjoul dates finely chopped
• 1 red chilli finely chopped
• 1 tsp honey
• 1 tbsp chopped mint
• Bunch of watercress
• Salt and pepper

Garnish
Pomegranate seeds, extra mint and za’atar.

PREPARATION METHOD
1. Preheat oven at 190°C. Peel the parsnips and carrots and cut into quarters lengthways. Toss in the melted butter and 1 tbsp olive oil. Season well and roast on a baking tray for about 40 minutes until tender.

2. Meanwhile wash and cook the freekeh as per instruction on the packet. Drain well and toss in 1 tbsp olive oil. Season while still warm.

3. To make the dressing place all the dressing ingredients in a bowl and whisk to combine, adding some salt and pepper to season.

4. To assemble the salad gently fold the roasted veg with the freekeh and watercress. Arrange on a serving platter. Drizzle with the yoghurt dressing and sprinkle with pomegranate seeds, chopped mint and za’atar.

To order freekeh, za’atar, Medjoul dates and olive oil from Zaytoun, please go to www.zaytoun.org