

Salad

Grains, mango, and green peas
TABOULI



Recipe Card



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White Toque Products :



Farro/ red rice
1 pouch
item #51702



Diced Artichoke
1 cup, roasted
item #40210



Fava Beans
1 cup
item #40502



French peas
1 cup
item #40601



Red Roasted Tomatoes
1 cup, halved
item #41913



Diced mango
2 cups
item #61901



Yellow Roasted Tomatoes
1 cup, halved
item #41903



Dijon mustard
to taste
item #10002

Other ingredients :

Baby spinach: 2 cups
Chopped Parsley: 1/2 cup
Cumin: 1 tbsp
Chinese five spice: 1 1/2 tbsp

Method :

Roast oil coated artichoke in 400 F oven about 8-9 min. Mix rice with the rest of the vegetables and spices.
If serving cold add dijon vinaigrette till desired acidity.
If serving warm melt 1 tbsp of butter per serving and lightly sautee.