

Arabic parsley salad

Starter

Serves 4

Preparation time: about 60 minutes

Ingredients:

160 g	amaranth
4	tomatoes
3 tbsp.	lemon juice
2 tbsp.	neutral oil
2 tbsp.	Donath® Sea Buckthorn whole fruit, unsweetened
1	red onion
1	red chilli
1 bunch	parsley
some	black pepper, salt



Preparation:

Thoroughly wash the amaranth in a sieve under running water and let it swell in lightly boiling water for about 20 minutes. Then drain, rinse with cold water and let it drip-dry well. Wash and finely chop the tomatoes. Peel the onion and cut into thin rings. Deseed the chilli and chop very finely. Wash the parsley, pat dry and chop very finely. Mix together the oil, lemon juice and Donath® Sea Buckthorn whole fruit, unsweetened and season with salt and pepper. Mix the amaranth with the prepared ingredients and the dressing and leave to infuse for another 30 minutes. Stir through and then season to taste again.

Donath® Sea Buckthorn whole fruit, unsweetened

- a blend of all parts of the fruit that are suitable for consumption
- gentle filling process
- this process ensures that the product contains the fruit's own fibre and all valuable minerals and vitamins
- high content of vitamin C

