

MURANO

RESTAURANT

Roasted chickpea salad with brown rice, vegetables and Feta cheese

(4 persons)

Ingredients for the chickpeas	Chickpea (cooked)	400g
	Garlic (finely chopped)	1 pc.
	Cayenne pepper	10g
	Olive oil	10ml
	Herbs to taste, salt and pepper	
Ingredients for the salad dressing	Mustard	5g
	Vinegar	10ml
	Parsley (finely chopped)	5g
	Olive oil	30ml
	Lime juice	1 pc
	Lime zest	1pc
Other ingredients	Feta cheese	100g
	Toasted sesame seeds	20g
	Olive oil	20ml
	Brown rice	50g
	Cucumber	150g
	Cherry tomatoes	100g
	Red onion	50g
	Celery	50g
Preparation for chickpeas	Peel off the chickpea skin, then season the chickpeas with the cayenne pepper, garlic, herbs, salt, pepper, a dash of olive oil and stir. Bake for 20 minutes at 200 °C. Chop the cucumber, cherry tomatoes, garlic and celery as desired. Crush the Feta cheese with a fork, add the toasted sesame seeds, drizzle with olive oil and stir. Boil the brown rice in boiling salted water and leave to cool.	
Preparation for the salad dressing	Add the mustard, grated lime zest, lime juice, parsley and vinegar to a bowl. Stir well and then gradually add olive oil while constantly stirring.	
To serve	In a bowl, mix the roasted chickpeas, brown rice and vegetables. Pour over the dressing and mix well. Serve on a plate and sprinkle with a mixture of Feta cheese, sesame seeds and olive oil.	

Salata od pečene leblebije, integralne riže, svježeg povrća i feta sira

(4 osobe)

Sastojci za pripremu leblebije	Leblebija (kuvana)	400g
	Bijeli luk (sitno sjeckani)	1 čen
	Aleva paprika	10g
	Maslinovo ulje	10ml
	Začinsko bilje po želji, so i biber	
Sastojci za pripremu dresinga	Senf	5g
	Sirće po izboru	10ml
	Peršun (sitno sjeckani)	5g
	Maslinovo ulje	30ml
	Sok jedne limete	
	Kora jedne limete	
Ostali sastojci	Feta sir	100g
	Tostirani susam	20g
	Maslinovo ulje	20ml
	Integralna riža	50g
	Krastavac	150g
	Cherry paradajz	100g
	Crveni luk	50g
	Celer - stabiljka	50g
Priprema leblebija	Leblebiju očistiti od opne pa začiniti alevom paprikom, bijelim lukom, začinskim biljem, solju, biberom i malo maslinovog ulja. Promiješati i peći 20 min. na 200°C. Isjeći krastavac, paradajz, luk i celer po želji. Feta sir izgnječiti viljuškom, pomiješati sa susamom, zaliti maslinovim uljem i promiješati. Skuvati integralnu rižu u ključaloj slanoj vodi i ohladiti.	
Priprema dresinga	U posudu dodati senf, narendanu koru limete, sok od limete, peršun i sirće. Dobro promiješati i na kraju postepeno dodavati maslinovo ulje uz konstantno miješanje.	
Serviranje	U posudi pomiješati pečenu leblebiju, integralnu rižu i povrće. Zaliti pripremljenim dresingom i dobro promiješati. Servirati na tanjir i posuti mješavinom feta sira, susama i maslinovog ulja.	

