

Chad Salad

A lovely tangy salad dish from North Africa (**Tunisia**¹ or **Chad**²), and lots of Fair Trade products included.

Used as a party dish or dessert this makes 8 to 10 portions.

Ingredients

- 150 gm **FAIRTRADE** long grain brown rice
- 1 small cucumber
- 2 **FAIRTRADE** bananas
- 50 gm **FAIRTRADE** raisins
- 15 ml chopped almonds
- 60 ml Zaytoun **FAIRTRADE** olive oil
- 1 **FAIRTRADE** lemon
- 5 ml salt
- 2.5 ml **FAIRTRADE** ground coriander
- 2.5 ml **FAIRTRADE** ground cumin
- 2.5 ml **Fair Trade** cayenne pepper
- 5 ml organic **FAIRTRADE** runny honey

Dressing

Mix together the oil, lemon juice, lemon zest, salt, coriander, cumin, cayenne and honey.

Pour the dressing over the salad and mix well.

To serve

Chill for 30 minutes in the refridgerator and then serve.

Method

Zest and juice the lemon, discard only pith and pips.

Cook the rice³ in the usual way, rinse and allow to cool.

Slice the cucumber.

Peel and slice the bananas.

Put the rice, cucmber, bananas, raisins and almonds in a salad bowl and mix gently but well.

¹<http://www.fairtradecookbook.org.uk/countries/tunisia.htm>

²<http://www.fairtradecookbook.org.uk/countries/chad.htm>

³http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm