

Healthy Tastes

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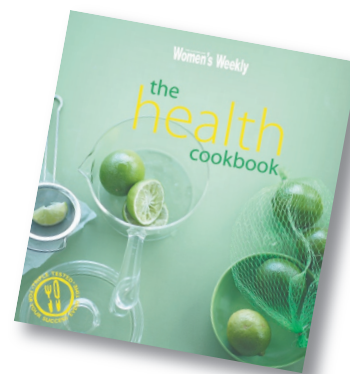
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cashew patty salad with spiced yoghurt

1/3 cup (55g) burghul
2/3 cup (160ml) boiling water
1 1/2 cups (225g) roasted unsalted cashews
1/3 cup (50g) wholemeal plain flour
1 medium brown onion (150g), quartered
2 cloves garlic, halved
1 1/3 cups firmly packed fresh flat-leaf parsley leaves
2 tablespoons vegetable oil
200g baby spinach leaves
1 lebanese cucumber (130g), chopped
250g cherry tomatoes, halved

spiced yoghurt

1 cup (280g) yoghurt
1 tablespoon lime juice
1 teaspoon ground cumin
2 green onions, chopped finely

- 1 Combine burghul and the water in medium heatproof bowl; stand 10 minutes.
- 2 Meanwhile, make spiced yoghurt.
- 3 Blend or process nuts, flour, onion, garlic and 1/3 cup of the parsley until smooth. Combine with burghul mixture in medium bowl. Shape mixture into 24 patties.
- 4 Heat oil in large frying pan; cook patties, in batches, until browned all over and heated through.
- 5 Combine remaining parsley in large bowl with remaining ingredients. Serve salad topped with patties; drizzle with yogurt.

spiced yoghurt

Combine ingredients in small bowl.

preparation time 25 minutes

cooking time 10 minutes

serves 4

nutrition count per serving

37.1g total fat (7g saturated fat);

2324kJ (556 cal); 32.5g carbohydrate;

17.6g protein; 11.1g fibre

