

EASY COOK INSTRUCTIONS

Rinse contents of pack in cold water.



Add to 350ml of stock or water, bring to the boil and simmer for 12 mins. Set aside, covered, for another 10 minutes.

NUTRITIONAL INFORMATION

Typical values per 100g

ENERGY	1449kJ/ 343kcal
FAT	2.3g
of which saturates	0.47g
CARBOHYDRATE	63g
of which sugars	5.4g
FIBRE	9.6g
PROTEIN	13g
SALT	1.5g

STORE IN A COOL, DRY PLACE

BEST BEFORE:
See Pack

BATCH NO.:
See Pack



ORGANIC HAND-ROLLED GIANT COUSCOUS MAFTOUL

Maftoul ("hand-rolled") is a traditional Palestinian grain made from bulgur and whole wheat flour. Women prepare it today just as their grandmothers have always done, working together to crack, hand-roll and dry the organic wheat in the glorious Palestinian sun. Its firm texture and nutty flavour make it a delicious alternative to other grains.

MAFTOUL SALAD WITH HERB DRESSING by Chef Sami Tamimi

Total time: 30 minutes Serves 4



200g maftoul
350ml vegetable stock or water
4 spring onions, finely sliced
1 tbsp olive oil
60g pistachios, toasted, roughly chopped
1½ tsp nigella seeds
50g shredded kale
Optional: 1 green chilli, thinly sliced and
¼ tsp chilli flakes

Herb dressing:
20g flat-leaf parsley
20g coriander
50g dill
50g mint
2 tbsp lemon juice
1 tsp ground cumin
100ml olive oil



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1. Place rinsed maftoul in a medium saucepan with 350ml stock or water, bring to the boil then simmer for 12 minutes. Set aside, covered, for 10 minutes.
2. Sauté the sliced spring onions with olive oil, stirring regularly for 2-3 minutes until softened. Set aside to cool.
3. Place herb dressing ingredients in a food processor and pulse to a smooth paste.
4. Toss the herb dressing with the maftoul, before adding the spring onions, pistachios, spices, chillies if using, ½ tsp of salt and a grind of black pepper. Finally add the shredded kale and gently mix to combine before serving.

GIANT COUSCOUS MAFTOUL

Ingredients: Bulgur **wheat***,
wholemeal **wheat** flour*, salt, water.

*organic ingredient

For allergens, including cereals
containing gluten, see ingredients
in **bold**

Pick over and rinse before cooking
Produced in a facility that handles
peanuts, other nuts, sesame seeds
and gluten.

**Suitable for
vegans**



Production certified organic by
ECOCERT PS-BIO-154