



HERBY BULGUR SALAD

Soaking 50' - Prep 35' - Serves 4 - Easy - Vegetarian

140g bulgur
300ml vegetable stock
50g pistachios
1 onion
1 tbsp olive oil
¼ tsp salt
½ tsp cumin seeds
3 handfuls fresh parsley leaves
3 handfuls fresh coriander leaves
3 handfuls fresh mint leaves
½ red chilli
90ml olive oil
100g pomegranate seeds
100g feta
juice of ½ lemon
salt and pepper

1. Put the bulgur into a large bowl, pour over the boiling vegetable stock and cover. Leave to soak for 50 minutes.
2. After 50 minutes, remove the lid and stir through the bulgur.
3. Roast the pistachios in a frying pan until they become fragrant. Add to the bulgur.
4. Peel the onion, halve and cut into thin slices. Heat the olive oil in the frying pan and fry the onion slices for 5 minutes until soft. After 2 minutes, add the salt and cumin seeds and continue frying. When done, take off the heat and add to the bulgur.
5. Put the parsley, coriander and mint leaves into a blender together with the chilli and olive oil. Pulse into a rough paste. Fold through the bulgur with the lemon juice. Add the pomegranate seeds and crumble the feta into the salad. Taste and season with salt and pepper if necessary.

TIPS:

- I like turning this salad into a hearty vegetarian main course by serving it with a fried egg on the side.

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