

# BULGUR SALAD AND GRILLED/ROASTED MEDITERANEAN VEGETABLES

## Ingredients (serves 1)

- 50g bulgar wheat (or farro)
- 1/2 yellow or green courgettes
- 1/4 bulbs of fennel, (optional)
- 1/4 small red onion
- 1/4 red peppers
- 1/4 aubergine (3 slices across)
- 1 small clove of garlic
- 1/2 tablespoon olive oil
- black pepper
- 1/2 teaspoon dried herbs ( basil, mint, oregano)
- A squeeze of lemon juice

## Equipment

Saucepan, serving spoon, sieve, chopping board, knife, mixing bowl, griddle or roasting tray, measuring spoon

## How to

1. Rinse the bulgur wheat in cold water, then drain.
2. Place the bulgur wheat in a large saucepan, cover with fresh cold water and bring to the boil. Simmer for 20 minutes, or until tender, and drain well.
3. Prepare the courgettes and aubergine: slice across. Chop the pepper into chunks.
4. Peel and cut onion into wedges
5. Trim and thickly slice the fennel.
6. Place all vegetables, herbs, the garlic cloves and toss together with the oil.
7. Grill these on a griddle by spreading the vegetables out in one layer, turn them half way through cooking until the vegetables are cooked through and crispy and set aside to cool.
8. When cool, tip on to a large chopping board and chop finely.
9. Dress the bulgur with olive oil and the lemon juice, season with pepper, and toss with the herby vegetables.

## Roasting the vegetables:

Preheat the oven to 200°C/400°F/gas 6 Spread the vegetables out in one layer into a roasting tray (they'll roast better this way).

Roast in the preheated oven for 30 to 40 minutes, carefully shaking them now and then.

**Top tip:** Use left over vegetables to make a soup! Roast whole aubergine and top up remaining with some tomato sauce sprinkled with cheese or white sauce.

Compiled by Delicious Nutritious UK



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