



# UCOOK

## Exotic Mushroom Tabbouleh

**with mixed herbs, dried apricots &  
toasted almonds**

Dish up a generous helping of fluffy bulgur wheat, a mixed herb medley, sweet dried apricots, toasted almonds, and golden mushrooms. Add some extra zing with a final squeeze of fresh lemon.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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 Veggie

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 Strandveld | Pofadderbos Sauvignon Blanc

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## Ingredients & Prep

300ml	Bulgur Wheat
240g	Baby Tomatoes
36g	Mixed Herbs <i>(12g Fresh Parsley, 12g Fresh Mint &amp; 12g Fresh Dill)</i>
2	Spring Onions
2	Lemons
60g	Dried Apricots
375g	Mixed Exotic Mushrooms
30g	Almonds
15ml	NOMU Moroccan Rub

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. BEGIN WITH BULGUR** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 300ml of salted, boiling water. Add a drizzle of oil and stir through with a fork. Cover and steam for 15-20 minutes until cooked. Fluff up with a fork, cover, and set aside.

**2. A MEDLEY OF FRESH FLAVOURS** Rinse and quarter the baby tomatoes. Rinse, pick, and roughly chop the mixed herbs. Rinse and thinly slice the spring onions. Cut the lemons into wedges. Roughly chop the dried apricots. Cut the mushrooms into bite-sized pieces.

**3. ALL OF THE ALMONDS** Place the almonds in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside to cool.

**4. GO FOR GOLDEN** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the mushroom pieces for 6-7 minutes until golden, shifting as they colour. You may need to do this step in batches. In the final minute, baste with the NOMU rub. Remove from the pan and season.

**5. COMBINE BEFORE YOU DINE** In a large salad bowl, combine the cooked bulgur, the quartered baby tomatoes, the chopped herbs,  $\frac{3}{4}$  of the sliced spring onion (to taste),  $\frac{1}{2}$  the chopped dried apricots,  $\frac{1}{2}$  the toasted almonds, a squeeze of lemon juice, a drizzle of olive oil, a sweetener of choice, and seasoning.

**6. TIME FOR TASTY TABBOULEH!** Plate up a generous helping of the herby tabbouleh and scatter over the golden mushrooms. Sprinkle over the remaining apricots, toasted almonds, & spring onion. Serve with any remaining lemon wedges. Good job, Chef!

## Nutritional Information

Per 100g

Energy	551kJ
Energy	132kcal
Protein	5.3g
Carbs	24g
of which sugars	4g
Fibre	5.2g
Fat	2g
of which saturated	0.2g
Sodium	78mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 2  
Days