

# UCOOK

## Goat's Cheese & Bulgur Salad

with baby tomatoes & pecan nuts

You can address this salad as The Bulgur King! Charred onion wedges & baby marrow is accompanied by baby tomatoes and fragrant cumin seeds. The salad is crowned with goat's cheese and jewels of pecan nuts. Bow down, as we are not worthy!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 Veggie

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 Creation Wines | Creation Chardonnay 2022

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## Ingredients & Prep

|       |                                                                        |
|-------|------------------------------------------------------------------------|
| 200ml | Bulgar Wheat                                                           |
| 60g   | Pecan Nuts                                                             |
| 1     | Red Onion<br><i>peeled &amp; cut into thick wedges</i>                 |
| 200g  | Baby Marrow<br><i>rinsed, trimmed &amp; cut into bite-sized chunks</i> |
| 25ml  | Spice Mix<br><i>(5ml Cumin Seeds &amp; 20ml Dried Chilli Flakes)</i>   |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>                             |
| 20ml  | Red Wine Vinegar                                                       |
| 8g    | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i>           |
| 160g  | Baby Tomatoes<br><i>rinsed &amp; halved</i>                            |
| 100g  | Chevin Goat's Cheese                                                   |

## From Your Kitchen

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

**1. NO PAIN GRAIN** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 200ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked and tender. Fluff up with a fork, replace the plate, and set aside.

**2. YES PE-CAN!** Place the pecans in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and roughly chop.

**3. CHARRED TO MEET YOU** Return the pan to medium heat with a drizzle of oil. When hot, add the onion wedges and the baby marrow chunks and fry for 4-5 minutes until starting to char, shifting occasionally. Add the spice mix and the grated garlic. Fry for 1-2 minutes until fragrant, shifting constantly. Remove the mixture from the pan.

**4. ALL TOGETHER NOW** In a salad bowl, combine the vinegar, 2 tsp of a sweetener of choice, and 2 tbsp of oil. Add the cooked bulgur, the halved baby tomatoes, the charred onion & baby marrow, ½ the chopped pecans, and ½ the chopped parsley. Toss until combined and season.

**5. HIS MAJESTY, THE KING** Bowl up the loaded bulgur salad. Crumble over the goat's cheese. Sprinkle over the remaining pecans and parsley. Excellent work, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 657kJ   |
| Energy             | 157kcal |
| Protein            | 5.8g    |
| Carbs              | 18g     |
| of which sugars    | 2.4g    |
| Fibre              | 3.9g    |
| Fat                | 7.6g    |
| of which saturated | 2.1g    |
| Sodium             | 52mg    |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within 3  
Days