



# U C O O K

— COOKING MADE EASY

## Ruby Bulgur Tabbouleh

**with a seed and nut sprinkle, goat's cheese & roast beetroot**

A warm fusion salad that's quick, simple, and fabulous! A hearty base of bulgur wheat, julienne carrot, and edamame beans is filled with flavour from NOMU Oriental Rub, fresh mint, and lemon. Topped with ruby red roast beetroot, crispy kale, and creamy goat's cheese.

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Tess Witney

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 **Vegetarian**

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## Ingredients & Prep

600g	Beetroot <i>peeled (optional), trimmed &amp; cut into bite-size chunks</i>
20ml	NOMU Oriental Rub
200g	Kale <i>rinsed &amp; roughly shredded</i>
400ml	Bulgur Wheat
20ml	Vegetable Stock
3	Garlic Clove <i>peeled &amp; grated</i>
300g	Julienne Carrot
160g	Edamame Beans
2	Lemon <i>zested &amp; cut into wedges</i>
10g	Fresh Mint <i>rinsed, picked &amp; roughly sliced</i>
200g	Goat's Cheese
50g	Pumpkin Seed, Walnut & Dried Cranberry Mix

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. SPICY BEETS & SOFT KALE** Preheat the oven to 200°C. Spread out the beetroot chunks on a roasting tray. Coat in oil, half of the Oriental Rub, and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through. Place the shredded kale on a second roasting tray with a drizzle of oil and some seasoning. Using your hands, gently massage the kale until softened and coated in oil. Set aside.

**2. STEAM THE BULGUR** Boil the kettle. Using a large salad bowl, submerge the bulgur wheat and stock in 800ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion, replace the plate, and set aside.

**3. POP IN THE KALE** When the beetroot reaches the halfway mark, give it a shift and return to the oven. Pop in the tray of soft kale and cook for the remaining roasting time until the kale is crispy.

**4. SALAD GOODIES** Place a large pan over a medium heat with a drizzle of oil or knob of butter. When hot, sauté the grated garlic and the remaining Oriental Rub for about a minute until fragrant, shifting constantly. Mix in the julienne carrot and edamame beans for 2 minutes until warmed through and coated in spice. Remove from the pan and add to the bowl of cooked bulgur. Stir through some lemon zest to taste, three-quarters of the sliced mint, and the juice of 4 lemon wedges. Crumble in three-quarters of the goat's cheese and toss until well combined.

**5. COLOURFUL & RICHLY TEXTURED** Make a bed of spiced tabbouleh, top with the roast beetroot and kale, and crumble over the remaining goat's cheese. Sprinkle with the seed and nut mix and the remaining sliced mint. Garnish with any remaining lemon zest and serve with a lemon wedge on the side. Stunning, Chef!



## Chef's Tip

The beetroot skin adds flavour and nutrients, but can be removed if you prefer. If you're leaving it on, remember to rinse it well!

## Nutritional Information

Per 100g

Energy	584kj
Energy	139Kcal
Protein	6g
Carbs	20g
of which sugars	2.5g
Fibre	4.7g
Fat	4.2g
of which saturated	1.7g
Sodium	260mg

## Allergens

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

Cook  
within  
4 Days