



UCOOK

Harissa & Black Bean Salad

with red bell pepper & bulgur wheat

A medley of harissa-laced black beans and red pepper pieces are tossed with bulgur wheat and fresh salad leaves. This banging base is then topped with chunks of creamy avocado and tangy feta, dolloped with zesty sour cream, and garnished with fresh coriander. Fiery, filling, and fab!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterkloof | False Bay Chardonnay

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Ingredients & Prep

75ml	Bulgar Wheat
1	Red Onion <i>½ peeled & finely diced</i>
1	Red Bell Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
10g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
15ml	Pesto Princess Harissa Paste
120g	Black Beans <i>drained & rinsed</i>
1	Avocado
1	Lemon <i>½ zested & cut into wedges</i>
40ml	Sour Cream
20g	Salad Leaves <i>rinsed & roughly shredded</i>
30g	Danish-style Feta <i>drained & crumbled</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. BULGUR KING Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 75ml 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. SPICY BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion, the pepper pieces, and the chopped jalapeños (to taste). Fry for 4-6 minutes until browned, shifting occasionally. Add the harissa paste (to taste), and the rinsed beans. Fry for 4-5 minutes until heated through and browned, shifting occasionally. Cover to keep warm and set aside.

3. AVO-CARDIO Halve the avocado and set aside the half containing the pip for another meal. Scoop out the avocado from the remaining half and drizzle with a squeeze of lemon juice. Slice the avocado, season, and set aside.

4. ZESTY PREPPY In a bowl, combine the sour cream, the juice from 1 lemon wedge, the lemon zest, and seasoning.

5. SALAD LOADING... Once the bulgur wheat is done, toss through the harissa-laced beans, the rinsed salad leaves, a drizzle of olive oil, and seasoning.

6. TIME TO DINE! Plate up a generous helping of the loaded bulgur and top with sliced avocado and the crumbled feta. Dollop over the zesty sour cream and garnish with the chopped coriander. Serve with any remaining lemon wedges. Fabulous, Chef!

Nutritional Information

Per 100g

Energy	498kJ
Energy	119kcal
Protein	3.8g
Carbs	14g
of which sugars	2.1g
Fibre	4.1g
Fat	6g
of which saturated	1.9g
Sodium	129mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days