

# 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:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 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

400ml	Bulgar Wheat
120g	Pecan Nuts
2	Red Onions <i>peeled &amp; cut into thick wedges</i>
400g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
50ml	Spice Mix <i>(10ml Cumin Seeds &amp; 40ml Dried Chilli Flakes)</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
40ml	Red Wine Vinegar
15g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
320g	Baby Tomatoes <i>rinsed &amp; halved</i>
200g	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 400ml 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 6-7 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, 4 tsp of a sweetener of choice, and 4 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