



# 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:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Tess Witney

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 **Vegetarian**

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## Ingredients & Prep

|       |   |
|-------|---|
| 150g  | Beetroot<br><i>peeled (optional), trimmed<br/>&amp; cut into bite-size chunks</i> |
| 5ml   | NOMU Oriental Rub   |
| 50g   | Kale<br><i>rinsed &amp; roughly shredded</i>                                      |
| 100ml | Bulgur Wheat  |
| 5ml   | Vegetable Stock   |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>  |
| 75g   | Julienne Carrot   |
| 40g   | Edamame Beans   |
| 1     | Lemon<br><i>one half zested &amp; cut into<br/>wedges</i>                         |
| 3g    | Fresh Mint<br><i>rinsed, picked &amp; roughly<br/>sliced</i>                      |
| 50g   | Goat's Cheese   |
| 25g   | Pumpkin Seed, Walnut &<br>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 25-30 minutes until cooked through. Place the shredded kale in a bowl 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 bowl, submerge the bulgur wheat and stock in 200ml 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 has 10 minutes remaining, give it a shift and scatter the soft kale over the tray. Return to the oven for the remaining roasting time until the kale is crispy.

**4. SALAD GOODIES** Place a 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 a minute until warmed through and coated in spice. Stir through the cooked bulgur, some lemon zest to taste, and three-quarters of the sliced mint. Remove from the heat, squeeze in the juice of 1 lemon wedge, and crumble in three-quarters of the goat's cheese. 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