

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!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Creation Wines | Creation Chardonnay 2022

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Ingredients & Prep

300ml	Bulgar Wheat
90g	Pecan Nuts
2	Red Onions <i>1½ peeled & cut into thick wedges</i>
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
37,5ml	Spice Mix <i>(7,5ml Cumin Seeds & 30ml Dried Chilli Flakes)</i>
2	Garlic Cloves <i>peeled & grated</i>
30ml	Red Wine Vinegar
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
240g	Baby Tomatoes <i>rinsed & halved</i>
150g	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 300ml 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 5-6 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, 3 tsp of a sweetener of choice, and 3 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