



Colourful Bulgar wheat salad with a Tahini dressing

This vegetarian or vegan dish is absolutely delicious! Enjoy as a meal for six people or make as a side dish for 8-10 people – it's great for feeding a crowd. This dish can be served warm or at room temperature.

SERVES 8 - 10

INGREDIENTS

Salad

250 ml (1 cup) uncooked bulgar wheat
45 ml (3 tbsp) olive oil
1 red onion, cut into thin wedges
1 large red pepper, cut into chunks
250 g brown or portabellini mushrooms, quartered
4-6 baby marrows, diagonally sliced
150 g broccoli, cut into florets
60 ml (¼ cup) sesame seeds, toasted (see tip)
60 ml (¼ cup) each fresh Italian parsley and mint
handful small rocket leaves

Tahini Dressing

45 ml (3 tbsp) tahini (see tip)
15 ml (1 tbsp) water
10 ml (2 tsp) finely grated lemon rind
10 ml (2 tsp) lemon juice
10 ml (2 tsp) each chopped fresh Italian parsley and mint
salt and pepper to taste

METHOD

Salad

1. Place bulgar wheat and a pinch of salt in an AMC 20 cm Gourmet Low. Add 625 ml (2½ cups) water, cover with a lid and bring to the boil over a medium heat.
2. Once the Visiotherm® reaches the first red area, reduce the heat to the lowest setting. Simmer with a lid for 8-10 minutes or until cooked and fluffy. Drain well and toss in a small drizzle of the olive oil – this keeps the kernels loose.
3. Meanwhile, heat an AMC 28 cm Chef's Pan or 30 cm Gourmet Fry Pan over a medium temperature until the Visiotherm® reaches the first red area. Add about a third of the oil and sauté the onion until almost soft.
4. Add peppers and sauté for a few minutes before adding mushrooms. Sauté until golden brown. The veggies should be pan-fried but not overcooked. Spoon out and set aside.
5. Sauté baby marrows in more oil, as needed, until bright green in colour, but not overcooked. Repeat the process with the broccoli and the remaining oil.

Tahini Dressing

1. Mix all the ingredients together and season to taste.
2. Toss bulgar wheat with all the veggies. Add the sesame seeds and fresh herbs and toss through. Spoon onto a serving platter and garnish with rocket. Drizzle some of the dressing over and serve immediately with the remaining dressing.

TIPS

- Toast sesame seeds in a dry AMC 24 cm Chef's Pan, without any oil, over a medium heat. Or fry the seeds in the dry pan before starting with the onion in step 3. Toss the pan regularly to toast evenly, until golden brown. Take care, as they can burn easily. Spoon seeds out and set aside.
- Tahini is a sesame seed paste and available from health stores or the health section in most supermarkets.
- Slices of avocado would be delicious in this salad.
- For an interesting flavour add chunks of feta, goat's cheese or ricotta to the salad.