

ROASTED VEGETABLE BULGAR WHEAT SALAD

Serves 4

INGREDIENTS

- red onions x 2, quarter
- courgettes x 2, chop into half moon shapes
- cherry tomatoes x 300g
- fresh parsley x 20g, finely chop
- bulgar wheat x 200g
- vegetable stock x 400ml
- nonpareilla capers x 50g, drain
- chilli flakes x 1 tsp
- olive oil
- sea salt
- black pepper

METHOD

- pre-heat the oven at 200°C
- prepare all the ingredients (see above)
- put the red onion, courgettes, cherry tomatoes into a roasting tin
- drizzle with olive oil and season with sea salt and black pepper
- roast for 30 minutes in the oven
- put the bulgar wheat in a bowl
- add the vegetable stock and stir well
- cover with a tea towel and set a side for 15 minutes
- after 15 minutes, use a fork to fluff up and season with salt and pepper
- for the dressing, put the caper, chilli flakes and 90ml of olive oil in to a bowl and stir well
- put the bulgar wheat into a large salad bowl
- put the roasted vegetables on top
- spoon the dressing over the top
- season with salt and pepper
- sprinkle with chopped parsley

