



Winter tabbouleh

SERVES 4

Ingredients

- 70g bulgar wheat
- 40g cauliflower, broken down into tiny florets just 1cm across
- Half orange, segmented and each segmented cut in half
- 4 sticks celery, finely chopped
- 4 spring onions, finely sliced
- 1 head chicory, diced
- 2 tbsp chopped flat leaf parsley
- 1 tbsp chopped mint
- 1tbsp chopped walnuts

For the dressing

- Juice from the other half of the blood orange
- Half clove of garlic, crushed
- 2 tbsp olive oil
- pinch ground cinnamon

METHOD

Cover the bulgar in hot water for 15 mins, once it has swollen, drain in a sieve.

Make the dressing by combining the garlic, cinnamon and orange juice then whisk in the oil and season.

Mix the drained bulgar with the other salad ingredients and toss in the dressing.

Delicious with a rich lamb tagine.



PUNCH ME KEEP ME

