

July Newsletter Recipe

Cucumber and Mint



Tabouleh

With the summer months upon us, no one wants to spend time in the kitchen slaving over a hot oven. This is the time of year for freshly grilled fish and meat and cool salads.

There are so many options for lovely, filling side dishes and salads that you can make and keep refrigerated. This month's recipe makes use of bulgur wheat, a healthy protein-rich grain traditionally used in Middle Eastern and North African cooking. Add it to your next Barbecue for a fabulous flavoursome accompaniment to marinated chicken or fish.

Ingredients:

1 cup bulgur wheat (cracked wheat)
½ cup chopped parsley
5 medium tomatoes (diced)
1 medium cucumber (diced)
1 cup chopped mint
1 red onion (diced)
1 clove of garlic (finely chopped)

Dressing:

2 tbsp olive oil, ¼ cup lemon juice (freshly squeezed), ½ tsp balsamic vinegar, ½ tsp sea salt

Method:

Boil a pan of water and add the bulgur wheat and simmer until soft (approx. 10-12). Meanwhile, chop all ingredients as listed above and make the dressing, whisking dressing ingredients together.

Drain the bulgur wheat and place in a large bowl. When cool, add the chopped ingredients. Pour in the dressing and combine thoroughly.

Serve with pitta bread and grilled meat or fish.

For a gluten-free alternative, replace the bulgur wheat with couscous or quinoa.