

Bulgur Wheat Salad

Makes 25 portions

600g medium bulgur wheat
2 tablespoons vegetable stock powder
450g Broad beans, cooked and skinned
1½ red onion, finely chopped
3 cucumber, halved and sliced
600g cherry tomatoes, halved
1 large bunch parsley, leaves picked and chopped
1 large bunch chives, chopped
150g pumpkin seeds

FOR THE DRESSING

300ml olive oil
150ml balsamic vinegar
3 tsp Dijon mustard
3 tsp fennel seeds, crushed
3 clove garlic, finely chopped

1. Measure 1.2ltr water into a saucepan. Add 2 tablespoons vegetable stock powder and bring to the boil.
2. Add the bulgar wheat, bring to the boil then turn off the heat and leave for 15 minutes with the lid on.
3. Cook and skin the broad beans.
4. Finely chop the onion and prepare the other vegetables and herbs.
5. Mix the ingredients for the dressing together.
6. Fluff up the bulgur wheat with a fork. Pour into a large bowl to cool.
7. Gently stir in the vegetables and herbs.
8. Stir in half the dressing and add more as required.
9. Taste, adjust seasoning.
10. Store in a fridge until needed.

