

# Bulgur Wheat Salad

Makes 4 – 8 portions

200g medium bulgur wheat  
2 teaspoons vegetable stock powder  
150g Broad beans, cooked and skinned  
½ red onion, finely chopped  
1 cucumber, halved and sliced  
200g cherry tomatoes, halved  
1 small bunch parsley, leaves picked and chopped  
1 small bunch chives, chopped  
50g pumpkin seeds

## FOR THE DRESSING

100ml olive oil  
3 tbsp balsamic vinegar  
1 tsp Dijon mustard  
1 tsp fennel seeds, crushed  
1 clove garlic, finely chopped

1. Measure 400ml water into a saucepan. Add 2 teaspoons 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.

