

Purple sprouting broccoli and bulgar wheat salad

SERVES 4 * PREP IN 10 MINS * COOK IN 5 MINS

- * 200g bulgar wheat
- * 200g purple sprouting broccoli
- * 2 large carrots, peeled and grated
- * 1 small red onion, peeled and finely sliced

For the dressing

- * 1 tbsp balsamic vinegar
- * 1 tbsp sherry vinegar
- * 1 lemon, juice only
- * 1 tsp crushed chillies
- * 2 tbsp extra-virgin olive oil
- * 1 tbsp Dijon mustard

To serve

- * 3 tbsps pumpkin seeds, toasted
- * 40g feta, crumbled



- 1 Place the bulgar wheat in a bowl and pour over 100ml boiling water and some salt. Mix, then leave to stand for 5 minutes. Break the wheat back into fine grains with your fingers.
- 2 Mix the dressing ingredients together. Add a good pinch each of sugar, salt and black pepper. Shake well and set aside.
- 3 Trim the broccoli; halve the large pieces lengthways then cut into smaller pieces. Boil in salted water for 3 minutes, drain and rinse in cold water. Dry on a clean tea towel.
- 4 Add the carrots, broccoli and onions to the bulgar wheat.

- 5 Pour the dressing over and mix. Serve with the pumpkin seeds and feta sprinkled over.

MORRISONS MAGAZINE TIP This nutritional powerhouse of a salad packs plenty of crunch and proves there's more to salad than lettuce. Meat eaters might like to serve it with a grilled chicken breast or salmon steak.

Per serving: calories 368 (18%), sugar 7g (7.8%), fat 14.5g (21%), saturates 3.1g (16%), salt 0.7g (12%) of your guideline daily amount

Wash all fresh vegetables before use.