



Superfood Chick Pea, Bulgur Wheat and Pepper Salad

Easy and nutritious for the whole family

Ingredients:

4tbsp cracked bulgur wheat, 6 x semi dried apricots, 1 x stick celery, 1 x 200g can chickpea drained, small red pepper, ½ medium red onion finely chopped

Dressing:

2tbsp red wine vinegar, 1 tbsp caster sugar, 2 tbsp rapeseed oil (mix thoroughly and season to taste), feta cheese, herbs (fresh coriander, pea shoots, parsley)

Equipment:

Knife, chopping board, tablespoon, bowl, kettle with boiling water

Method

1. Place bulgur wheat and dried fruit in bowl, cover with boiling water and mix
2. Place a plate on top and leave for 10 mins
3. Take the pepper, onion, celery and slice finely
4. Drain chickpeas in a colander, place in the serving bowl
5. Add the chopped veg to the dressing, mix thoroughly
6. When the bulgur wheat has absorbed the boiling water, stir again to ensure the fruit is evenly mixed
7. Add to the chickpeas and stir in, add the veg and the dressing. Crumble feta cheese on the top of your salad
8. Cool in the fridge—Enjoy !

Always ask for an adult's permission before cooking in the kitchen.

Ask adults help with boiling water.

