



Warm Vegetable Salad with Tabbouleh



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 40 MINUTES

Ingredients

TABBOULEH

300g cooked bulgur wheat
2 spring onions, finely chopped
Small bunch fresh coriander, chopped
5 finely chopped fresh mint leaves
Juice of half a lemon
2 tbsp olive oil
¼ tsp salt
¼ tsp black pepper

ROASTED VEGETABLES

2 red onions, peeled and cut into wedges
2 sweet potatoes, peeled and cubed
1 small head of cauliflower, broken into florets
4 cloves garlic, skin on
2 tbsp olive oil
¼ tsp salt
¼ tsp black pepper
1 tsp paprika
½ tsp cumin
200g purple sprouting broccoli
100g kale, shredded
75g feta cheese, crumbled
2 tbsp pomegranate arils

LEMON SUMAC DRESSING

Zest and juice of one lemon
4 tbsp olive oil
1 small clove of garlic, peeled and minced

Method

Preheat the oven to CircoTherm® 190°C.

Place all of the tabbouleh ingredients in a bowl and toss together. Leave to stand so that the flavors infuse while you prepare the vegetables.

Place the red onion, sweet potato and cauliflower in a roasting tray. Lightly bash the garlic, in the skin using a wooden spoon, and place the garlic in the tray too.

Drizzle on the olive oil and sprinkle on the salt, pepper, paprika and cumin. Toss it all together using your hands, then place in the oven for 10 minutes. After 10 minutes, add the broccoli and toss everything together again. Cook for a further 15 minutes.

After 15 minutes add the kale, toss everything together again and place back in the oven for 3-4 minutes with low added steam if available.

Meanwhile, make the lemon sumac dressing by mixing all of the dressing ingredients together in a small bowl.

Serve the tabbouleh with the roasted vegetables and a sprinkling of feta cheese and pomegranate arils. Serve with the lemon sumac dressing.

¼ tsp salt
¼ tsp black pepper
1 tsp light brown sugar
1 tsp sumac

Notes
