

Bulgar Wheat Salad with Grilled Capsicum

Equipment needed –

2 large bowls, plastic bag, saucepan, colander, knife, cutting board, garlic press and a pair of scissors.

Ingredients from the Garden –

- 2 yellow capsicums
- 250 grams of green beans
- 4 spring onions
- 4 tablespoons of fresh parsley
- 1 clove of garlic crushed
- 2 ripe tomatoes

Ingredients from the Pantry –

- 225 grams of bulgar wheat
- Salt and pepper
- 4 tablespoons of extra virgin olive oil
- 1 table spoon of wholegrain mustard
- 1 teaspoon of balsamic vinegar
- 1 teaspoon white wine vinegar

What to do –

1. Preheat the grill to high. Cut the capsicums into quarters and remove the seeds. Grill the capsicums, skin-side up for 15-20 minutes until the skin is blistered and blackened all over.
2. Meanwhile, fill the kettle with water and bring to the boil.
3. Place the bulgar wheat in a bowl and cover with boiling water to about 2 cm above the level of the bulgar wheat. Leave to soak for 20 minutes.
4. Once the capsicums are cooked, transfer into a plastic bag, seal and leave to cool.
5. When cool enough to handle, remove and discard the charred skins and roughly chop the flesh.
6. Meanwhile, put a saucepan of water on the stove and bring to the boil. Blanch the green beans in boiling water for 3-4 minutes. Drain in a colander. Run cold water over the beans and set aside.
7. Put the tomatoes in a bowl and cover with boiling water. Let stand for 30 seconds. Once cool enough to handle, peel the skins off. Remove the seeds and roughly chop the flesh.
8. Wash and thinly slice the spring onions. Then wash and dry the parsley - chop using scissors.
9. To make the dressing combine 4 tablespoons of extra virgin olive oil, 1 tablespoon of mustard, 1 clove of garlic crushed, 1 teaspoon of balsamic vinegar and 1 teaspoon of white wine vinegar in a jar with a lid. Shake well to combine.
10. Drain the bulgar wheat to remove all of the water. Transfer into another large salad bowl.
11. Add the spring onions, chopped tomatoes, green beans and grilled capsicums.
12. Add the dressing and chopped parsley. Season well and toss gently to combine.

Serves –

- 28 students.

