

# MARLEY SPOON



## Salt and Pepper Squid

with Burghul Tabouleh



20-30min



2 Portions

We've kept the fundamentals of a classic tabouleh here - the burghul, parsley, mint and lemon dressing - and then added crunch and substance to make it a satisfying meal. We've upped the protein by adding flash-fried squid and also added pepitas and radish which create wonderful texture.



## What we send

- mint, parsley, spring onion
- cleaned squid tubes
- lemon
- pepitas
- Lebanese cucumber
- red radish
- burghul <sup>1</sup>

## What you'll require

- olive oil
- salt and pepper

## Utensils

- chargrill or frypan
- medium saucepan
- small frypan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1). May contain traces of other allergens.

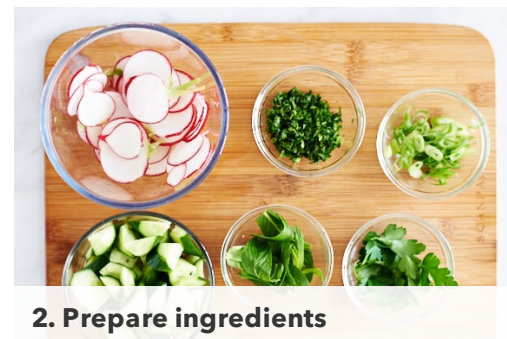
## Nutrition per serving

Energy 680.0kcal, Fat 27.9g, Proteins 42.4g, Carbs 59.2g



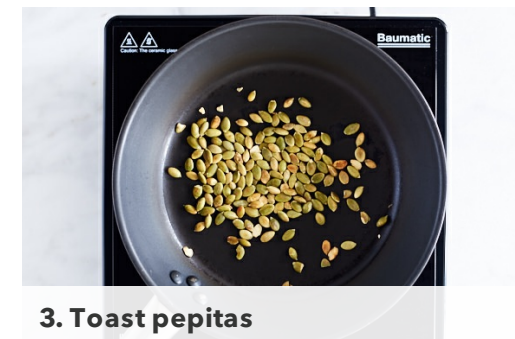
1. Cook burghul

Heat a medium saucepan over high heat. Cook the **burghul**, stirring regularly, for 2-3 mins until toasted. Add 250ml (1 cup) **lightly salted water**. Bring to the boil, cover and cook over low heat for 5 mins or until tender.



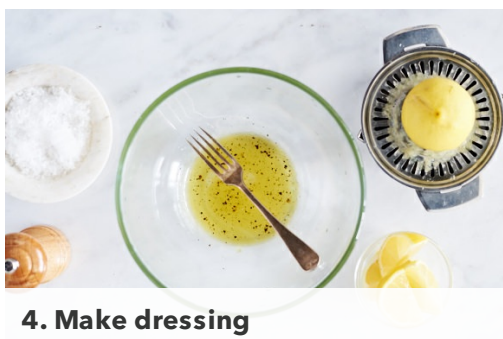
2. Prepare ingredients

Meanwhile, thinly slice the **spring onion**. Pick **parsley** and **mint** leaves (discard stems). Reserve a few leaves of each herb for garnish and finely chop the rest. Thinly slice the **radishes**. Dice the **cucumber**.



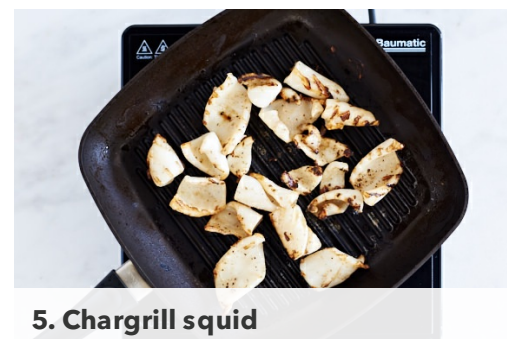
3. Toast pepitas

Place the **pepitas** in a cold small frypan. Cook over medium heat for 3 mins or until golden and toasted. Set aside and coarsely chop.



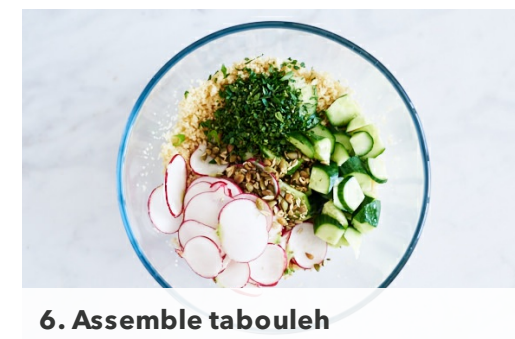
4. Make dressing

Squeeze half the **lemon** over a large bowl (you'll need 1½ tbs). Whisk in 1½ tbs **oil** and season with **salt and pepper**. Cut the remaining lemon half into wedges.



5. Chargrill squid

Cut the **squid** into 2cm slices. Toss with 1 tbs **oil** and **salt and pepper**. Heat a chargrill pan over high heat. Cook the squid for 2-3 mins each side until golden and crispy.



6. Assemble tabouleh

Transfer the **burghul** to the bowl with the **dressing** and add the **spring onion**, **chopped \_herbs**, **radish**, **cucumber** and **pepitas**. Toss to combine. Season with **salt and pepper**. Top the **tabouleh** with the **squid** and reserved herbs and serve with **lemon wedges**.