



Toasted Burghul and Zucchini

Salad with Baked Feta



30-40min



4 Portions

Healthy and delicious food in minutes! That's exactly what this dish is all about. A block of feta gets baked with lemon and lime zest and a drizzle of honey which produces a lovely, soft cheese that will melt in your mouth. The burghul salad is tossed with sweet dried cranberries that go wonderfully with the salty feta.

What we send

- dried cranberries
- lemon
- burghul 1
- 2 garlic cloves, parsley and 1 shallot
- feta cheese 7
- lime
- tomatoes
- zucchini

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- Australian honey
- salt and pepper
- sugar
- water

Utensils

- 1L baking dish
- foil
- grater
- medium saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions. If you do not have a grill, preheat your oven to 250C, place the dish on the top shelf and bake for 10 mins to warm through.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

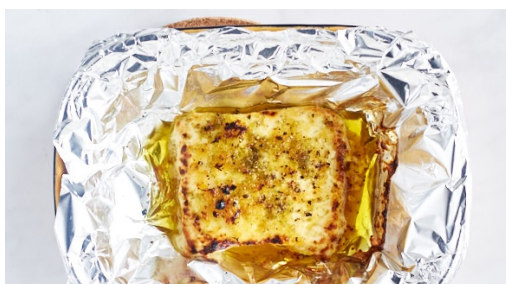
Nutrition per serving

Energy 700.0kcal, Fat 27.8g, Proteins 22.3g, Carbs 78.2g



1. Cook burghul

Heat a frypan over medium-high heat. Toast the **burghul** for 2-3 mins until very lightly golden, tossing the pan frequently. Add the **water** and season with **salt**. Cook over low heat for 3-5 mins, stirring regularly, until the water is absorbed. Remove from heat and set aside to cool.



4. Grill feta

Heat the oven grill to medium. Place the **feta** in the dish about 12cm away from the grill for 5-8 mins until the topping is golden and the centre feels soft to the touch. See cooking tip.



2. Prepare feta

Meanwhile, finely grate the zest of the **lemon** and **lime** and squeeze the juices into separate bowls. Line a small ovenproof dish with foil. Place the **feta** into the dish, scatter over half of the **citrus zest**, drizzle with the **honey** and half the **oil**. Season with **pepper**.



5. Make dressing

Meanwhile, finely chop the **shallot** (use half for 2P** see cooking tip). Combine the remaining **citrus zest** with **lime and lemon juice** (1 tbs of each for 2P | 2 tbs of each for 4P), remaining **oil, garlic, sugar** and **shallot**. Season to taste with **salt and pepper**.



3. Prepare salad

Halve the the **tomatoes**, remove the seeds, then cut into 1cm chunks. Finely chop the **zucchini**. Finely chop the **garlic**. Coarsely chop the **parsley**, reserving some to serve.



6. Get ready to serve

Combine the **burghul, tomatoes, zucchini, garlic, __parsley, dressing** and **cranberries**, then divide among plates. Top with the **feta** and reserved **parsley**. Drizzle with any pan juices to serve.