



FAST

HEALTHY

Summer Broccoli Tabouleh

with Walnuts, Feta and Spinach



20-30min



2 Portions

Think you know tabouleh? Think again. Our new, speedy spin includes halved cherry tomatoes, not finely chopped ones, broccoli florets, tender spinach leaves and chunks of feta. The crowning glory though is walnuts, coated in a delicious maple glaze.

What we send

- broccoli
- lemon
- walnuts ¹⁵
- feta ⁷
- burghul ¹
- cherry tomatoes
- baby spinach leaves
- parsley
- maple syrup
- smoked paprika

What you'll require

- boiling water
- extra virgin olive oil
- sea salt and pepper

Utensils

- baking paper
- medium saucepan
- oven tray
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's really important to constantly stir the walnut and maple syrup mixture while cooking, to prevent the syrup burning. Take care when tipping the mixture onto the tray as it will be very hot.

Allergens

Gluten (1), Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 595kcal, Fat 30.6g, Carbs 49.6g, Proteins 20.9g



1. Prepare burghul

Bring a medium saucepan of salted water to the boil for the broccoli. Put the **burghul** in a heatproof bowl. Add **200ml boiling water** and a **large pinch of salt**, stir to combine, then cover with a plate and stand for 5 mins or until the water is absorbed. Fluff the grains with a fork.



2. Cook broccoli

Meanwhile, trim and peel the **broccoli stem**, then cut into 1cm chunks. Cut the **broccoli head** into small florets. Cook in the pan of boiling water for 3 mins or until just tender. Drain and rinse under cold water. Line an oven tray with baking paper.



3. Candy walnuts

Combine the **maple syrup**, **½ tsp smoked paprika** (the remaining paprika won't be used in this dish) and **¼ tsp salt** in a small saucepan over medium-low heat. Add the **walnuts** and cook, stirring, for 5-7 mins until the maple syrup completely reduces and coats the walnuts (see cooking tip). Immediately transfer to the lined tray in a single layer and cool.



4. Make dressing

Finely grate the zest of **half the lemon**, then juice (the remaining lemon won't be used in this dish). Put the **lemon zest**, **2 tsp lemon juice** and **1 tbs extra virgin olive oil** in a bowl, season with **salt and pepper** and stir to combine.



5. Prepare vegetables

Halve the **tomatoes**. Finely chop the **parsley**, including the stems.



6. Get ready to serve

Add the **broccoli**, **spinach**, **tomatoes**, **parsley** and **dressing** to the **burghul**. Season with **salt and pepper** and toss to combine. Divide the **salad** among bowls. Crumble over the **feta** and scatter over the **candied walnuts** to serve. Drizzle with extra virgin olive oil, if desired.