

# MARLEY SPOON



## Summer Veggie Grain Bowl

with Burghul and Preserved Lemon Dressing



20-30min



2 Portions

With its mix of celery, apple and walnuts, this tempting dish began as a classic Waldorf salad. Then we threw in some tender nutty burghul, creamy avocado and seasonal asparagus, plus a sweet-and-sour preserved lemon and honey dressing. The result? A generous grain bowl with delicious global flavours.



## What we send

- burghul wheat <sup>1</sup>
- lemons
- asparagus
- avocado
- carrot, celery, granny smith apple
- parsley
- walnuts <sup>15</sup>
- preserved lemon <sup>17</sup>

## What you'll require

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

## Utensils

- small frypan

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

## Allergens

Gluten (1), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

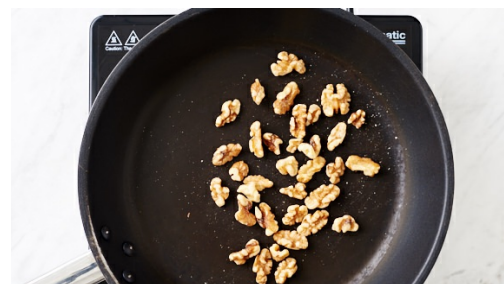
## Nutrition per serving

Energy 805.0kcal, Fat 43.1g, Proteins 16.0g, Carbs 77.7g



### 1. Cook burghul

Put the **burghul** in a large heatproof bowl. Add **185ml (¾ cup) boiling water** and a large pinch of **salt**. Stir to combine, then stand, covered with a plate, for 5 mins or until tender. Fluff up the grains with a fork.



### 2. Toast walnuts

Meanwhile, put the **walnuts** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan and coarsely chop.



### 3. Cook asparagus

Heat a chargrill or frypan over high heat. Trim the woody ends from the **asparagus**, then cut into thirds. Cook the asparagus, turning occasionally, for 1-2 mins until slightly charred and tender. Remove from the pan and set aside.



### 4. Make dressing

Discard the flesh from the **preserved lemon**, then finely chop the rind. Juice **half the lemon** (reserve remaining half for another use). Combine the lemon juice, **60ml (¼ cup) extra virgin olive oil** and **2 tsp honey** in a small bowl. Season with **salt and pepper**, then stir in the preserved lemon rind.



### 5. Combine salad

Trim and coarsely chop the **celery**. Peel and coarsely grate the **carrots**. Quarter, core and thinly slice the unpeeled **apple** crosswise. Finely chop the **parsley**, including the stems. Add the celery, carrot, apple, parsley, **walnuts** and **dressing** to the **burghul** and toss well to combine.



### 6. Get ready to serve

Cut the **avocado** in half, discard the stone and thinly slice. Divide the **salad** among bowls and top with the **avocado** and **asparagus** to serve.