



Summer Veggie Grain Bowl

with Burghul and Preserved Lemon Dressing



20-30min



4 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

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

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 745.0kcal, Fat 41.0g, Proteins 15.5g, Carbs 69.3g



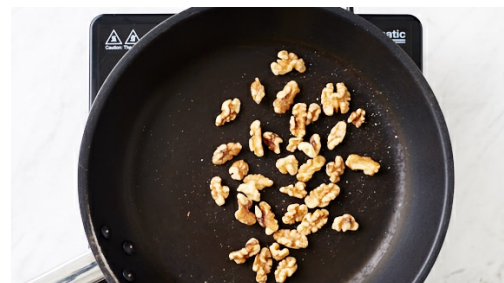
1. Cook burghul

Put the **burghul** in a heatproof bowl. Add **375ml (1 ½ cups) 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.



4. Make dressing

Discard the flesh from the **preserved lemon**, then finely chop the rind. Juice the **lemon**. Combine the lemon juice, **100ml extra virgin olive oil** and **1 tbs honey** in a small bowl. Season with **salt and pepper**, then stir in the preserved lemon.



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 heat and coarsely chop.



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.



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.



6. Get ready to serve

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