



# Bulgur and Feta Cheese Salad

**45 minutes**

Hands on

**2-4**

Portion(s)

**1**

Difficulty



## Ingredients

- 200 g leeks, only the white part
- 6-8 tablespoon(s) olive oil
- 200 g bulgur wheat
- 50 ml white wine
- 200 ml stock, vegetable
- sprig(s) thyme, some
- 1 clove(s) of garlic, minced
- 3 tablespoon(s) pine nuts
- 100 g feta cheese
- 2 tablespoon(s) mint, finely chopped
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 2 tomatoes
- 1/2 bunch parsley

## Διατροφικός πίνακας

Nutrition information per portion

|                           |                       |                             |                            |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 319<br>Calories<br>(kcal) | 10.7<br>Total Fat (g) | 4.3<br>Saturated<br>Fat (g) | 43.0<br>Total Carbs<br>(g) |
| 16%                       | 15%                   | 22%                         | 17%                        |
| 3.8<br>Sugars (g)         | 9.5<br>Protein (g)    | 3.7<br>Fibre (g)            | 0.87<br>Sodium (g)         |
| 4%                        | 19%                   | 15%                         | 15%                        |

## Method

- Place a pan over medium to high heat. Add 3-4 tablespoons of olive oil. Sauté the bulgur for a few minutes, until it turns golden.
- Add the stock and bring to a boil
- As soon as it does, remove from heat.
- Cover with a towel and set aside to allow it to soak up all of the stock.
- If you want to see the process check out [this video](#)
- Place another pan over medium to high heat. Add 1-2 tablespoons olive oil.
- Finely chop the leeks and add them to the pan. Sauté for 3-4 minutes. Add the minced garlic and continue to sauté.
- Add the wine and let it evaporate.
- Transfer to a bowl and set aside.
- Wipe down the pan and place back over medium to high heat. Add the pine nuts and toast them for 3-4 minutes, until they turn golden.
- When ready, add to the bowl with the leeks.
- Quarter 2 medium tomatoes. Remove the flesh and seeds and cut into small cubes. Let them drain on some paper towels and add them to the bowl.
- Add the remaining ingredients to the bowl also. The zest, lemon juice, finely chopped mint, thyme, parsley and feta cut into cubes.
- Mix with a spoon to combine and add the bulgur.
- Lightly toss and serve.

## Tip

This is the right way to make bulgur: 1:1 (200 g bulgur: 200 g water). Sauté the bulgur with some olive oil until it turns golden. Add the stock. As soon as it comes to a boil, remove from heat and cover. As soon as it soaks up all of the stock, it is ready!