



Bulgur and chicken salad with peaches

15'
Hands on

15'
Cook Time

2-4
Portion(s)

1
Difficulty



Ingredients

- 25 g mint
- 25 g dill
- 50 g basil
- 2 peaches, cut into slices
- 100 g feta cheese, crumbled
- 50 g walnuts, roasted

For the bulgur

- 50 g olive oil
- 200 g bulgur wheat
- 2 sprig(s) thyme, only the leaves, finely chopped
- 2 sprig(s) rosemary, only the leaves, finely chopped
- 240 g water
- lemon zest, of 1 lemon
- salt
- pepper, freshly ground

For the chicken

- 400 g chicken breast fillet
- 1 tablespoon(s) olive oil
- pepper, fresh
- salt
- 1 sprig(s) thyme
- 1 sprig(s) oregano
- 1 sprig(s) rosemary
- 2 clove(s) of garlic, crushed
- 2 tablespoon(s) butter

For the dressing

- lemon zest, of 2 lemons
- lemon juice, of 2 lemons
- 1 teaspoon(s) vinegar, of white wine
- 3 tablespoon(s) olive oil
- 1 clove(s) of garlic, mashed
- 1 tablespoon(s) brown sugar
- 1 teaspoon(s) mustard
- salt
- pepper

Method

- Prepare the [bulgur](#).

For the chicken

- Preheat oven to 180* C (350* F) Fan.
- Place a [pan](#) over high heat and let it get so hot that it starts to smoke.
- In a bowl, add the chicken, olive oil, salt, pepper and garlic. Toss to coat.
- Transfer chicken to hot pan and sauté until golden on both sides.
- Prepare a small [baking pan](#) that is just large enough to fit the chicken, by adding all of the sprigs of herbs and the garlic on the bottom.
- When the chicken has turned golden, transfer to baking pan and lay it over the herbs. This way all of the aromas from the herbs will get in to the chicken as it is cooking.
- Melt the butter in the pan and pour it over the chicken.
- Bake for 15 minutes.
- When ready, remove from oven and set it aside to cool for 5-10 minutes before cutting it in to 12 diagonal slices.

For the dressing

- Combine the lemon zest, lemon juice, vinegar, olive oil, garlic, sugar, mustard, salt and pepper in a bowl.

To serve

- Place the bulgur in a deep serving dish.
- Add the finely chopped mint, dill and basil.
- Gently toss and add the chicken, peaches, walnuts and feta.
- Drizzle with dressing and serve.

Tip

During the winter months you can make this salad with apples or pears!

Διατροφικός πίνακας

Nutrition information per portion

673 Calories (kcal)	44.0 Total Fat (g)	12.0 Saturated Fat (g)	30.0 Total Carbs (g)
34%	63%	60%	12%
10.0 Sugars (g)	34.0 Protein (g)	7.9 Fibre (g)	1.4 Sodium (g)
11%	68%	32%	23%