

Sabrina 
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Warm salad of spiced kale,
bulgar wheat & Puy lentils



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Serves 4 | Vegetarian

INGREDIENTS:

240g Puy lentils, cooked according to the label instructions, drained, chilled	10g red chillies, deseeded, finely chopped	2g ground cumin
200g medium bulgar wheat, cooked according to the label instructions, drained, chilled	2g ground turmeric	1g ground cinnamon
100g extra virgin olive oil	2g ground cumin	½ lemon, zested, juiced
8g cumin seeds	1g ground cinnamon	3g sea salt
25g garlic, smashed, chopped	½ lemon, zested, juiced	1.5g ground black pepper
	120g curly kale, stalks removed, washed, spun	12g pumpkin seeds, toasted
	2g ground turmeric	40g feta, crumbled

METHOD:

1. Combine the lentils and the bulgar wheat in a large mixing bowl.
2. In a saucepan on a medium heat, pour in two thirds of the olive oil, add the cumin seeds. Once the seeds begin to sizzle, add the garlic and chilli and stir well, ensuring the garlic doesn't burn. Add the dry spices and lemon zest. Finally add in the kale leaves, cook for a couple of minutes, then remove from the heat and cover for another two minutes to steam the kale.
3. Remove the lid and add the kale mixture to the grains. Give all the ingredients and good mix. Pour in the lemon juice and season generously with the salt and pepper and a drizzle of olive oil. Check the seasoning. Stir in half of the pumpkin seeds.
4. Transfer to a serving dish and top with feta, the rest of the seeds, and a final good drizzle of the olive oil.