

fuss free flavours

tasty stuff without the fuss



Blugar, Quinoa, Feta & Chilli Salad

Serves 2

Ingredients

2oz / 60g / $\frac{1}{3}$ cup quinoa (I used a mix of red and white)

2oz / 60g / $\frac{1}{3}$ cup bulgar wheat

3oz / 90g / $\frac{1}{2}$ cup sweetcorn

$\frac{1}{2}$ red chilli – seeds removed and finely chopped.

1 tbs sweet chilli sauce

Juice half a lemon

Glug of good olive oil

4oz / 100g / $\frac{1}{2}$ block Feta cheese – crumbled

Handful cherry tomatoes - quartered

Salt & Pepper to taste

Method

Bring a pan of water to the boil, add the bulgar and quinoa and simmer for about 12 minutes until tender. Strain into a sieve, rinse and allow to drain.

Add to a serving bowl with the other ingredients, mix well. Season to taste.

Serving Suggestions

Serve on a bed of green leaves, the cos lettuce I used was rather boring. A sprinkling of seeds would add some crunch and healthy omega oils. Slices of avocado helped to cool the chilli.