

Bulgar Wheat with Mange-Tout and Mushrooms

Bulgar wheat is also known as bulghur or burghul wheat. It is made from whole wheat grains that have been soaked and then baked until they crack into small particles. This recipe was created using an 800W microwave - please alter times according to the strength of your microwave.

Serves 4

Ingredients

1 tbsp olive oil
1 medium onion, finely chopped
1 garlic clove, crushed
225g bulgar wheat
150ml boiling vegetable stock/water
1 eating apple, coarsely grated
2 large carrots, coarsely grated
100g mushrooms, coarsely chopped
100g mange-tout, halved
2 tbsp chopped fresh coriander
75ml natural yoghurt
25g chopped mixed nuts
Salt and pepper
100g mature cheddar cheese
3-4 medium tomatoes, thinly sliced
Chopped fresh coriander to garnish

Method

- Put the oil, onion and garlic in a large bowl/dish with lid. Cover, leaving a gap to let steam escape, and microwave on full power for 5 mins until softened.
- Stir in the bulgar wheat, apple, carrot, mushrooms and 150ml boiling veg stock. Re-cover and microwave on full power for 13-15 mins until softened, stirring occasionally.
- Stir in the mange-tout and microwave on full power for 1-2 mins until just tender.
- Pre-heat your grill. Beat the coriander, yogurt, mixed nuts and salt & pepper together. Stir into the burghul wheat mixture - taste and adjust seasoning if required.
- Arrange tomato slices over the top of the dish. Sprinkle with the cheese.
- Place under the grill until bubbling and golden.
- Serve hot, garnished with coriander. Accompany with a green salad.

Recommended equipment

- Pyrex dish?
- Jamie Oliver Wet 'n' Dry Kitchen Scale (JB4100)
- Jamie Oliver Garlic Slice 'n' Press (JB6300)