

# FENNEL, POMEGRANATE & BROAD BEAN SALAD

## Ingredients

- 200g bulgur wheat
- small bunch mint, finely chopped
- small bunch parsley, finely chopped
- small bunch dill, finely chopped
- 1 fennel bulb, quartered, core removed and thinly sliced
- 200g pomegranate seeds
- 350g (*weight before skinning*) fresh or frozen broad beans
- 2 tbsp pumpkin seeds
- large handful rocket or watercress
- For the dressing
- zest and juice 1 lemon
- 5 tbsp extra virgin rapeseed or olive oil
- 2 tbsp cider vinegar
- 1 tbsp Dijon mustard

## Method

- 🥄 Boil the kettle and put the bulgur wheat in a bowl with a good pinch of salt. Pour over enough boiling water to just cover the bulgur, cover with cling film and set aside for 10 mins.
- 🥄 Put the ingredients for the dressing in a jam jar or small bottle with some seasoning, screw on the lid and shake well.
- 🥄 Uncover the bulgur wheat and, if there is any water left in the bowl, drain the bulgur, then tip into a large container for transporting.
- 🥄 Add the herbs, fennel, pomegranate seeds, broad beans and pumpkin seeds, and toss everything together. Top with the salad leaves and pack the jam jar of salad dressing separately.
- 🥄 Before serving, drizzle over the dressing and toss everything together

