



BODIcafé Bulgur Salad

Serves - 4

Prep + cooking time - 40min

Ingredients

- 2 cups cooked BODIcafé Bulgur
- 2 chopped spring onions
- 1 chopped red onion
- ½ cucumber seeded and chopped in small pieces
- 1 red pepper seeded and chopped in small pieces
- 1 cup cooked green lentils
- ½ cup cherry tomatoes cut in half
- Handful of fresh chopped coriander
- A healthy salad dressing of your choice

Method

1. Place all vegetable ingredients in a salad bowl and pour over salad dressing and mix through
2. Add BODIcafé Bulgur, toss lightly and serve.