



Turkey Bulgur Wheat, Mint & Feta Salad

Serves -	4
Energy -	528Kcals
Protein -	34.7g
Fat -	21g
Sat Fat -	5.9g
Carbs -	48.9g
Sugars -	5.6g
Salt -	1.7g
Fibre -	5.6g
Prep-	10 mins
Cooking-	15-20 mins



Ingredients:

- 350g British turkey breast steaks, sliced and cut into 2cm strips
- 200g bulgar wheat
- 350-400ml boiling water or stock
- 5 tbsp extra virgin olive oil
- Juice of 2 large limes
- 1 clove garlic, crushed
- 1 large red onion, finely sliced
- Salt and pepper
- ½ small egg white
- 1 tbsp heaped cornflour or arrowroot
- 100g bag baby spinach leaves
- 100g feta cheese, cubed
- 4 tbsp chopped fresh mint

Method:

Place the bulgar wheat in a saucepan and add the water or stock. Bring to the boil then simmer gently for 15 minutes until softened and cooked but still nutty in texture. Drain well and leave at room temperature.

Place the extra virgin olive oil, lime juice, garlic and onion into a bowl and mix well. Season with a little pepper (you don't need any salt).

Lightly beat the egg white with the cornflour or arrowroot, then add the turkey. Mix well and add a pinch of salt and pepper.

Bring a small pan of water to a simmer and add a little salt. Drop in thin slivers of the turkey making sure they're separated and cook for 3-4 minutes, then drain well.

When cooked, place the turkey with the bulgar wheat and mix well. Add the dressing, spinach, feta and mint, and mix well. Serve warm or chilled.

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