



## Bulgar wheat, feta and herb salad

### Ingredients

- **bulgar wheat** 150g
- **ground cumin** 1½ tsp
- **feta** 100g
- **cherry tomatoes** 100g, quartered
- **basil** a handful of leaves
- **chives** chopped to make 2 tbsp
- **extra-virgin olive oil**
- **lime** ½

### Method

- **STEP 1**

Put the bulgar wheat in a bowl with the cumin and just cover with boiling water. Set aside for 10 minutes to soften and absorb the liquid. Drain off any excess.

- **STEP 2**

Meanwhile, crumble the feta into a bowl with the tomatoes and herbs. Add to the bulgar wheat and toss together. Divide between 2 plates and drizzle with a little oil and a squeeze of lime juice.