



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Late July 2021

A summery supper

Bulgur wheat with grilled mediterranean vegetables and halloumi

This is my go-to recipe when having a barbecue, the grains can be cooked in advance and then the vegetables added later - straight from the barbecue, or you can use a grill at home instead. This salad is lovely hot or cold, as an accompaniment to sausages or grilled fish, or just by itself.



Ingredients

250g bulgur wheat
1 tsp vegetable stock powder (boullion) - or ½ a stock cube
1 red onion
1 large aubergine
2-3 peppers
2 courgettes
1 block of halloumi cheese
½ a lemon
Olive oil, salt and pepper

You will need a large pot with a lid, a chopping board and knife, a measuring jug, a grill or BBQ, tongs or a spatula.

Method

1. Peel and thinly slice the red onion. Heat 1 tbsp olive oil in a large saucepan on a medium heat. Cook the onion gently for 5-6 minutes until beginning to get soft.
2. Add 500ml of water and the vegetable stock and bring to the boil. Stir in the bulgur wheat, bring back up to the boil and simmer for 1 minute. Turn off the heat and leave for at least 15 minutes (longer is fine).

3. Slice the courgette, aubergine and the halloumi into chunky slices. Halve and de-core the peppers.
4. Heat your barbecue or your grill.
5. Working in batches, grill the vegetables for a few minutes on each side, or until browned and blistered in places. Cook the halloumi in the same way, a minute or two per side. Carefully remove.
6. When cool enough to touch, roughly chop all of the vegetables and halloumi and tumble into the bulgur wheat. Squeeze in the lemon juice and grind some black pepper. Mix everything together and add extra seasoning if needed.