



SPICE IS NICE

Wholesome and healthy, these flavoursome dishes will please every palate

BULGAR WHEAT BOWL WITH CHICKEN MEATBALLS

(Serves 4–6)

CHILLED

- 450g chicken mince
- 1 egg
- 60ml tahini paste
- 125g thick plain yoghurt

FRESH

- 1 red onion
- 1 garlic clove
- 2 baby marrows
- 2 carrots
- 1 cucumber
- 2 tomatoes
- 45ml fresh coriander
- 15ml fresh mint
- 15ml fresh ginger

- 5 spring onions
- avocado
- micro herbs

STORE CUPBOARD

- 250g bulgar wheat
- 400g chicken or vegetable stock
- 30ml olive or avocado oil, plus extra for frying
- 5ml ground cumin
- 15ml pickled ginger
- salt and milled black pepper
- 5ml curry powder
- 30ml soy sauce
- 45ml black and/or white sesame seeds
- 45g–80g almond flour
- 2ml cayenne pepper