

# Bourghal Wheat Salad with a Poached Egg



Preparation time: 55 mins

Serves: 4 people

User Rating: ★★★★★

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## Ingredients

- ½ cauliflower, cut into florets
- 2 tsp extra virgin olive oil
- ½ tsp cumin powder
- ½ tsp coriander powder
- Salt and pepper to taste
- 1 cup Bourghal wheat (cracked wheat)
- Juice of 1 lemon
- 3 tbsp extra virgin olive oil
- ½ red onion, finely diced
- ½ bunch kale, sliced
- 2 garlic cloves, finely chopped

- 1 tbsp Souk spice (if you don't have this you can substitute for ground cumin and coriander)
- 1/3 cup slivered almonds, toasted
- 2 tbsp pepitas, toasted
- 2 tbsp sunflower seeds, toasted
- 3 tbsp parsley, finely chopped
- 3 tbsp coriander, finely chopped
- 2 medjool dates, finely chopped
- 1 pomegranate, deseeded
- 4 eggs, poached

Method

1. Preheat oven to 180°C. Place cauliflower florets on a lined oven tray and drizzle with olive oil, cumin powder, coriander powder, salt and pepper. Bake in the oven for 30-40 minutes until cooked through and slightly golden.
2. To prepare the bourghal wheat, bring a saucepan of lightly salted water to the boil and add in the bourghal wheat. Allow the bourghal wheat to cook for 10 minutes until al dente. Drain the bourghal wheat and place in a bowl. While the bourghal wheat is hot, dress it with lemon juice, extra virgin olive oil and chopped onion. Stir well to combine and set aside.
3. Prepare the kale by heating a small amount of olive oil in a pan on medium heat. Add the garlic and souk spice and cook for 1-2 minutes until fragrant. Add the kale and cook until kale had slightly wilted. Add in the bourghal wheat and allow everything to cook together for 2-3 minutes.
4. To finish the salad, add the toasted almonds, pepitas, sunflower seeds, parsley, coriander and chopped dates. Stir to combine and season with salt and pepper if needed.
5. To serve, place salad onto individual plates and scatter each plate with pomegranate arils. Serve each dish with a poached egg on top.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
344g	2450kJ 586kcal	21.4g	32.3g	5g	44.5g	15.5g	157mg	15.2g