

Less than 30 minutes

Serves 4

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Ingredients:

- 2 cups (500ml) bulgur wheat (barley and brown rice work well too)
- 1 packet (600g) PnP butchery chicken meatballs
- Glug olive oil
- 2 cucumbers, julienned
- 1 large packet (500g) PnP sweet baby peppers, halved and grilled
- Salt and milled pepper
- ½ cup (80ml) basil pesto

GOOD IDEA

Serve with lemon wedges and fresh basil leaves. The sweet baby peppers can be replaced with cherry tomatoes.

Method:

1. Cook bulgur wheat according to packet instructions.
2. Thread meatballs onto skewers and shape into koftas around a skewer.
3. Heat a little oil in a pan and fry chicken koftas over a high heat for 5-7 minutes or until well browned and cooked through.
4. Divide heaps of bulgur wheat, peppers and cucumber into bowls.
5. Top with kofta skewers, season lightly and drizzle with pesto.