

Less than 30 minutes

Serves 6

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Ingredients:

- 1 large packet (1kg) butternut chunks, halved
- 1 Tbsp (15ml) fennel seeds
- Glug olive oil
- Salt and milled pepper
- 2 packets (250g each) PnP flavoured bulgur wheat or couscous
- 2 cloves garlic, crushed
- 2 tsp (10ml) ground cumin
- Juice (120ml) and grated peel of 2 lemons
- 1 bunch spring onions, chopped
- 1 punnet (20g) each fresh Italian parsley, mint and coriander, chopped
- 2 cans (400g each) chickpeas, drained

For serving:

- Tomato, chopped
- Cucumber, diced
- Cabbage, shredded
- Avocado, sliced
- Radishes
- Green beans, blanched
- Fresh rocket
- Sesame and sunflower seeds, toasted
- PnP honey and mustard dressing

Method:

1. Preheat oven to 180°C.
2. Toss butternut with fennel seeds and oil.
3. Season.

4. Roast for 20-25 minutes or until golden and cooked through.
5. Cool and set aside.
6. Cook bulgur wheat or couscous according to packet instructions.
7. Mix garlic, cumin, lemon juice and zest with a glug of olive oil in a large bowl.
8. Tip in hot, drained grains and toss well.
9. Set aside to cool.
10. Toss cooled butternut, spring onion, herbs and chickpeas through the grain mixture.
11. Divide mixture between six bowls with tomato, cucumber, cabbage, avocado and radishes, green beans, fresh rocket and toasted sesame and sunflower seeds.
12. Serve with PnP honey and mustard dressing.