

Less than 30 minutes

Serves 4

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Ingredients:

- 1 cup (250ml) bulgur wheat or couscous
- 2 punnets (250g each) PnP medley tomatoes
- 1 large cucumber, diced
- 1 red onion, finely chopped
- ¼ cup (60ml) freshly squeezed lemon juice
- 3 handfuls flat-leaf parsley, finely chopped
- 1 handful mint, finely chopped
- ¼ cup (60ml) olive oil
- Milled pepper
- 1 disc (100g) feta, rinsed and crumbled
- ½ cup (125ml) plain double-cream yoghurt
- 2 Tbsp (30ml) fennel or dill, chopped

Method

1. Cook bulgur wheat or couscous according to packet instructions. Set aside to cool slightly.
2. Add tomato, cucumber, onion, lemon juice, herbs and half the olive oil.
3. Toss salad to combine. Season.
4. Blitz feta, yoghurt and fennel until smooth.
5. Stir in remaining oil and serve dressing with salad.

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