



Jaffa Orange Tabbouleh with Feta

Makes

4

Time

50
mins

Level

SIMPLE

Kcal

160
per portion

You will need

2 x Jaffa Oranges
1 x Red Onion, finely chopped
1 x Chilli, deseeded and diced
1 x Garlic clove, crushed
4 x TBSP chopped fresh herbs (i.e., mint, basil, coriander)
2 x TBSP extra virgin olive oil
½ x TSP caster sugar
450g x Ripe but firm tomatoes, diced
200g x Lettuce, chard and young spinach leaves (to serve)
200g x Feta cheese, diced
50g x Bulghur wheat
50g x Stoned black olives, halved
25g x Toasted flaked almonds

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Our step-by-step guide

Step 1

Put the bulghur wheat in a bowl, pour over enough boiling water to cover and stir well, leaving to soak for 20–30 minutes.

Step 2

Meanwhile, combine the tomatoes, onion, olives, chilli, herbs, garlic, and sugar in a large serving bowl and stir in the olive oil.

Step 3

Zest one of the Jaffa oranges in fine shreds and add them to the tomato mixture.

Step 4

Slice the top and bottom off both oranges, cut off all the peel and pith, then halve and chop the fruit, removing the pips and any large pieces of membrane from the middle. Add the oranges to the tomato mixture with any juice on the board.

Step 5

Drain the bulghur wheat in a sieve, pressing out excess water, then add it to the tomato mixture. Cool, then cover and chill in the fridge for at least 30 minutes.

Step 6

Before serving, stir the feta cheese and almonds into the tabbouleh. Season to taste. Serve with salad leaves, crisp enough to use as scoops or large enough to wrap around forkfuls of tabbouleh.

Step 7

Enjoy!

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