

Mediterranean Grain Bowl

Bowl Méditerranéenne aux Céréales

25 min

Easy

410 kcal per serving

Lunch

Dinner

Vegetarian



Ingredients

FOR ONE SERVING

Bulgur wheat (Boulgour)	100 g
Cherry tomatoes (Tomates cerises)	150 g
Cucumber (Concombre)	0.5 whole
Feta cheese (Fromage feta)	50 g
Kalamata olives (Olives Kalamata)	30 g
Extra virgin olive oil (Huile d'olive extra vierge)	2 tbsp

Nutrition facts

PER SERVING

Calories	410
Protein	14 g
Carbohydrates	52 g
Fat	18 g
Fiber	8 g

Preparation

- 1 Rinse the bulgur wheat under cold water, then cook it in a pot with water and a pinch of salt until tender. Drain any excess water and let it cool slightly.
- 2 While the bulgur cooks, halve the cherry tomatoes, dice the cucumber, and slice the Kalamata olives.
- 3 Add the bulgur, tomatoes, cucumber, and olives to a bowl and toss gently with the olive oil.
- 4 Crumble the feta cheese over the top and season lightly with pepper if desired.
- 5 Serve the grain bowl at room temperature or slightly chilled.

GOOD TO KNOW

Let the bulgur cool before adding the feta so the cheese stays crumbly and fresh.