



# Summer salads



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# What's in this salad?

A carbohydrate base  
such as:

potatoes, brown or  
white rice, bulgar  
wheat, pasta,  
couscous or quinoa.



A variety of seasonal  
vegetables.





# Seasonal salad



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# Ingredients

- 200g bulgar wheat
  - 600ml boiling water
  - ½ red pepper
  - ½ green pepper
  - ½ yellow pepper
  - 6 cherry tomatoes
  - ¼ cucumber
  - 4 spring onions
  - 6 radishes
  - 5 asparagus spears
  - 1 x 15ml spoon of parsley, coriander and mint
- Dressing:
- 1 x 30ml lemon juice
  - 1 x 60ml olive oil
  - A little pepper
  - Sprigs of parsley, lemon and cucumber slices to serve.





# Equipment



- 2 mixing bowls
- Chopping board
- Vegetable knife
- Colander
- Plate
- Measuring spoons
- Measuring jug
- Wooden spoon
- Kitchen scissors
- Screw top jar
- Serving dish
- Cling film (optional)
- Juicer





# Cook the bulgar wheat



1. Put the bulgar wheat into a mixing bowl and pour the boiling water over it.



2. Leave to absorb the water for 30 minutes. You could cover the bowl with cling film to keep in the steam.



# Wash and prepare the vegetables



3. Rinse all the vegetables in cold water. Dry or leave to drain.



# Dice the peppers



4. Remove the seeds from the peppers.



5. Place cut side of the pepper down onto the board and slice into strips.



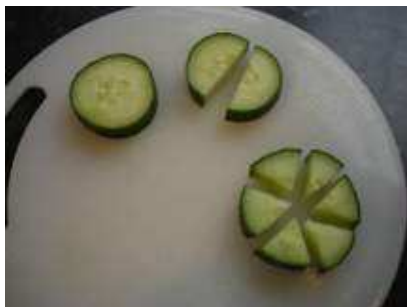
6. Put two or three strips together and cut into dice  
Repeat this with all the peppers.



## Prepare the tomatoes and cucumber



7. Cut the tomatoes into halves and then into quarters.



8. Cut the cucumber into thick slices, then each slice into chunky sixths.



# Prepare the spring onions



9. Remove the outer skin, slice off the root and a little at the top of the onion.



10. Cut into small pieces. Use the vegetable knife or kitchen scissors.





# Prepare the radishes and asparagus



11. Cut the tops and the bottoms off each radish.



12. Place each radish flat side down and cut into halves, then quarters.



13. Steam the asparagus between 2 plates in the microwave for 3 minutes.

14. Cool in cold water.

15. Leave the tips whole but cut the stalks into chunks.

Hot water!  
Get an adult to help.



## Prepare the herbs



16. Tear the leaves off the mint, parsley and coriander and put them into a small bowl.



17. Chop finely.



# Make the dressing



18. Cut the lemon in half and squeeze out the juice.



19. Put the oil, lemon juice and pepper into the screw top jar.



20. Screw on the lid and shake to combine the ingredients.



# Combine all the ingredients



21. Remove the cling film from the bowl of bulgar wheat. It has had time to absorb all the liquid and should be soft not gritty.



22. Add all the chopped vegetables and the dressing and mix together.





## Serve the salad



23. Spoon the completed salad into a serving bowl. It could be garnished with: slices of cucumber, a twist of lemon, parsley leaves.

