



# Warm Salad of Spiced Kale, Bulgar Wheat and Puy Lentils

## Ingredients

- 100g dried puy lentils
- 100g bulgar wheat
- Olive oil, for frying
- 1 heaped tsp cumin seeds
- 6 fat garlic cloves, bashed and sliced
- 2 long red chillies, thinly sliced
- 400g roughly torn kale leaves
- 2 tsps ground turmeric and cumin
- 1 teaspoon ground cinnamon
- Finely grated zest of 2 unwaxed lemons and juice of 1
- 2-3 generous handfuls of pumpkin seeds
- 100g feta cheese, crumbled
- Sea salt and freshly ground black pepper
- Lemon wedges to serve

## Directions

- Boil the puy lentils and bulgar wheat separately according to packet cooking instructions then rinse immediately under cold water until cold and drain well and then mix together in a large mixing bowl.
- Set a large saucepan over a medium-high heat, drizzle in a little olive oil and add the cumin seeds. Once the seeds begin to sizzle and pop add the garlic and chilli and stir well, ensuring the garlic doesn't burn.
- Meanwhile wash the kale leaves and drain, without shaking off the excess water as this will add moisture during the cooking process. Set aside.
- When the garlic has sweated and is translucent, add the dry spices and zest and stir well. Add the kale to the pan (it should sizzle) and stir for 1 minute so it is well coated, cover with a lid and allow to steam for 2 minutes.
- Transfer the contents of the pan to the lentil and bulgar wheat and pour in the lemon juice, seasoning, pumpkin seeds and olive oil and stir well.
- Crumble the feta over the top and garnish with lemon wedges.