

BULGUR/QUINOA SALAD WITH HOMEMADE PITA BREAD AND TZATZIKI

This is a very nice and rich meal. Perfect for in the summer or when you are just into a vegetarian meal.

It's a light but filling meal with a lot of fiber's and vitamins in, and I love it together with homemade pita bread and light tzatziki.



This is what you need for this salad:

Bulgur and Quinoa seeds
Lettuce
Spring onions
Sundried tomatoes
Celery
Feta cheese
Olives
and a mix of:
Goji berry
Mulberry
Cranberry
Pumpkin and sunflower seed's.

This is what you do

- You start with boiling the bulgur and Quinoa together in one pan. (use the instruction from your packaging for the right measurement and time)
- Drain if necessary and place the seeds on a big plate to cool of.
- In the meanwhile you start cleaning the lettuce's, spring onion's and celery.
- Cut the spring onions and celery into small pieces.
- Drain the feta cheese, sundried tomatoes and olives from oil (you can also buy these products without a layer of oil)
- Cut the sundried tomatoes into a size that suits you. The feta cheese into small dices and the olives you can cut into half or leave them the way they are. (I like to have different sizes of vegetables. It make the salad more inspiring and colourful)
- Then you start building up your salad.
- Choose a nice big serving plate to start with.
- Divide the lettuce over the plate, followed by the Bulgur and Quinoa. Mix these two gently together and then start spreading the rest of the ingredients over the salad.
- Mix it very gently together and you will have a beautiful delicious salad.
- Serve the salad with homemade pita bread and a fresh tzatziki.