



FISH ON PESTO BULGHUR SALAD

WITH SUNDRIED TOMATOES

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 30 minutes

Delicate pan fried fish pairs perfectly with this pesto bulghur salad. The homemade kale and almond pesto is super easy and so delicious!



PESTO

- 50g baby kale (1.8oz)
- 3 Tbsp olive oil
- 1 tsp lemon zest
- 1 Tbsp lemon juice
- 1 clove garlic
- 1/4 cup tamari almonds (40g)
- 1/2 cup finely grated parmesan, divided (45g)

- 50g pitted green olives (1.8oz) *optional*
- 3/4 cup boiling water (188ml)
- 1 tsp chicken stock powder
- 3/4 cup bulghur wheat (150g)
- 50g baby kale (1.8oz)

FISH

BULGHUR SALAD

- 1/2 red capsicum
- 100g semi-dried or sundried tomatoes (3.5oz)
- 500g white fish fillets (1lb 2oz)
- 1/3 cup plain flour (50g)
- 1/2 Tbsp butter
- 1/2 Tbsp olive oil

1. MAKE PESTO

Pulse kale, oil, lemon zest, lemon juice and garlic in a food processor until almost smooth. Add almonds and half of the parmesan. Pulse until you form a chunky pesto. Season to taste with salt and pepper.

2. PREPARE BULGHUR SALAD

Finely dice capsicum, thinly slice sundried tomatoes and cut olives in half, if using.

3. Combine boiling water and chicken stock powder in a large heatproof bowl. Stir in bulghur wheat, cover and leave to sit for 10 minutes.

4. COOK FISH

Season fish with salt and pepper. Place flour on a plate and press both sides of fish into flour to coat. Heat butter and oil in a large frying pan on medium-high. When butter is melted and bubbling, fry fish for 2-3 minutes each side, until cooked through. Remove pan from heat.

5. SERVE

Fluff bulghur with a fork. Add capsicum, sundried tomatoes, olives (if using), kale and half the pesto. Toss to combine. Divide between individual serving plates. Top with fish. Dollop remaining pesto on top and sprinkle with remaining parmesan.



WINE MATCH: A Pinot Gris.

FISH ON PESTO BULGHUR SALAD RECIPE NOTES

GLUTEN-FREE OPTION: Make sure tamari almonds are gluten-free. Omit stock powder and replace bulghur wheat with 250g / 8.8oz small dried gluten-free pasta (cook according to instructions on the packet) or 2 x 250g / 2 x 8.8oz microwave pouches brown rice and quinoa. Use plain gluten-free flour.

INGREDIENT SWAPS / NOTES: You can make your own tamari almonds by toasting or warming 1/4 cup raw or roasted unsalted almonds in a frying pan. Remove from heat and stir in 2 tsp tamari or soy sauce to coat. Leave to cool. Semi-dried or sundried tomatoes could be swapped for 150g / 5.3oz cherry tomatoes. If you don't like fish, swap for chicken tenderloins (cook for a few extra minutes, until fully cooked through).

EQUIPMENT TIP: If you don't have a food processor, you could use a high powered smoothie maker or blender to make the pesto.

STORING AND REHEATING: Store individual portions in containers in the fridge and reheat in the microwave. Alternatively, keep the salad separate and eat cold. Reheat fish in the microwave and add to salad just before serving.