



Soul bowl (OP W)

Serving: 1

Veg

Ingredients

- 2 tbsp dry bulgur wheat OR Quinoa
- 1 tbsp Jowari (boiled)
- 1/2 cup hot water
- 2 tbsp cucumber, chopped
- 1 tsp celery, chopped
- 2 tbsp tomato, chopped
- 2 tbsp spring onions green chopped
- 1 tbsp fresh chopped mint (or cilantro)
- 1 tbsp fresh chopped parsley
- Salt to taste
- 2 tbsp crushed peanuts
- **DRESSING:**
- 2 tbsp Curds
- 1/2 tsp Garlic
- 1/2 tsp Black pepper powder
- Salt to taste

Preparation Method

- 1. Place the Bulgar in a large bowl and soak in the hot water until the water is absorbed, (about 30 minutes). When it's ready, drain any excess water.
- 2. Mix the dressing ingredients together. Set aside.
- 3. Chop the vegetables and add to the Bulgar and Boiled jowari .
- 4. Add dressing to salad and stir.
- 5. Top it with crushed peanuts and Serve