

CHICKEN & BULGUR WHEAT SALAD WITH PEACHES

RECIPE BY: GEMMA OBERHOLZER

DIFFICULTY: EASY

TIME: 20 MINUTES

SERVES: 4

A quick-cooking whole grain, bulgur wheat is perfect for the time-crunched weeknight cooking. You can substitute quinoa or whole-wheat couscous if you can't find any bulgur wheat.

METHOD

Bring 1 1/3 cups water and bulgur wheat to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 mins. Drain and rinse under cold water. Drain well; let dry on paper towels. Meanwhile, heat a grill pan coated with cooking spray over high. Sprinkle chicken with 1/2 tsp salt and pepper. Grill chicken, turning occasionally, until done, 6 to 7 mins. Remove to a cutting board. Let stand 3 mins. Slice against the grain into strips. Place bulgur, rocket, tomatoes, and peaches in a large bowl. Add remaining 1/2 tsp salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.

INGREDIENTS

- 1 1/3 cups water
- 2/3 cup bulgur wheat
- 500 grams chicken breast cutlets
- 1 tsp salt
- 1/2 tsp black pepper
- 4 cups packed rocket
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 Tbsp extra-virgin olive oil
- 2 Tbsp rice vinegar