



Herbed Tabouleh with Smoked Duck Breast

Ingredients

(Serves 4)

120gms bulgar wheat

450gms ripe vine tomatoes diced

1/2 tsp ground cinnamon

1/2 tsp allspice

Juice of 1 lemon

4 spring onions finely sliced

Bunch flat parsley finely chopped

Bunch mint finely chopped

1/2 tsp salt

3tblsp olive oil

2 smoked duck breasts

Method

Cover the bulgar wheat with hot water and leave to soak for 30 mins.

After 30 mins drain the bulgar and tip into a bowl. Add the tomatoes, spices, lemon juice, spring onions, parsley, mint, salt and oil. Combine well and allow to stand for 10 mins to let the flavours develop. Serve the bulgar salad with duck breasts sliced on top.