

ASPARAGUS, BULGUR & EGG SALAD WITH MISO DRESSING

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This is a better of a recipe – a genuine feel-good meal. Bulgur wheat is an amazing energy source and the miso paste is packed with minerals and vitamins. Miso is also a fermented food, which provides the gut with beneficial bacteria that help us stay healthy. It's an all-round winner.

SERVES 4

150g bulgur wheat
½ low-salt vegetable stock cube
500g asparagus
4 large eggs
a handful of watercress
a handful of fresh basil
freshly ground black pepper

Miso Dressing

3 tbsp extra-virgin olive oil
1 tbsp lemon juice
2 tbsp white or brown miso paste
1 tbsp water
1 garlic clove, crushed

1 Put the bulgur wheat in a small saucepan, cover with 230ml water and crumble in the stock cube. Bring to the boil over a high heat, then stir, reduce to a simmer and cook, covered with a lid, for 10 minutes.

2 Remove the pan from the heat and leave to steam, still covered with the lid, for 5 minutes.

3 Snap off the tough ends of the asparagus and discard. Cut the stalks of asparagus in half widthways if they are large. Bring a medium pan of water to the boil and add the asparagus stalks, cook for 2 minutes, then remove with tongs to a plate.

4 Reduce the heat under the pan to bring the water to a simmer. Gently lower in the eggs and cook for 5½ minutes, then drain and pop into a bowl of cold water.

5 When cool enough to handle, peel the soft-boiled eggs and cut in half.

6 Shake the dressing ingredients together in a small, lidded jar.

7 To serve, divide the bulgur between bowls, drizzle on the dressing and top each with a halved egg and some of the asparagus and watercress. Finish with a sprinkling of freshly torn basil and a grinding of black pepper.

