



CAJUN CHICKEN AND TABBOULEH BUDDHA BOWL



2 Persons

INGREDIENTS

2 skinless chicken breasts
2 tsp Cajun spice
3 tbsp vegetable oil
1 red onion, peeled and sliced
½ red pepper, sliced
½ green pepper, sliced
½ yellow pepper, sliced
250g cooked bulghar wheat
(approx. 100g uncooked weight)
Juice of half a lemon
1 tbsp olive oil
Large bunch fresh coriander, chopped
Large bunch fresh parsley, chopped
Large bunch fresh mint, chopped
1 Romaine lettuce, roughly chopped
6 cherry tomatoes, sliced in half
2 baby cucumbers, thinly sliced
Small bunch spring onions,
finely chopped
Seeds from half a pomegranate

PREPARATION

1. Preheat your NEFF induction griddle plate on a high heat.
2. Place the chicken on a plate and sprinkle on the Cajun spice. Drizzle on half the vegetable oil and rub in with your hands.
3. Place the chicken on the griddle and cook for 5-6 minutes on each side until no longer pink in the middle. Remove from the griddle plate and allow to rest for five minutes. During this time, place the onion and peppers on the griddle. Drizzle with the remaining oil and cook for 5 minutes until lightly charred.
4. To make the tabbouleh, mix together the cooked bulghar wheat, lemon juice, olive oil, coriander, parsley and mint. Add a good pinch of salt and pepper and toss everything until combined.
5. Divide the tabbouleh between two bowls and add the chopped lettuce. Slice the chicken breasts and place on top of the tabbouleh, along with the griddled onions and peppers. Arrange the cherry tomatoes and cucumber slices in the bowls and sprinkle on the spring onions and pomegranate seeds before serving.