

Tuna & Crunchy Lemon Bulgar Salad



Serves 2 Prep 25 mins

Cooking 5 mins

Easy

Ingredients

2 tuna steaks
2 tsp olive oil

Salad

1 lemon, half juiced, 1/2 cut into wedges
1/4 red onion, finely diced
2 celery stalks, finely diced
8 baby plum tomatoes, diced
1/4 cucumber, finely diced
parsley, small bunch, chopped
2 tbsp bulgar wheat

1. To make the salad, put all the ingredients except the bulgar in a bowl, season really well, then toss together.
2. Put the bulgar wheat in a bowl and just cover with boiling water. Cover with cling film then leave for 20 minutes. Drain really well, then tip onto kitchen paper and cool. Add to the salad bowl and toss.
3. Heat a griddle pan to very hot. Rub the tuna with oil, season well then griddle for 1-2 mins per side, depending on thickness. Put on a plate and rest for a minute.
4. Give the salad one final toss. Spoon the salad onto plates, then slice the tuna in half and sit on top. Serve with lemon wedges.