



# Pork and Apple Bulgur Wheat Salad

NIBBLEDISH CONTRIBUTOR

## Ingredients

2 pork steaks, cut into thin strips  
1 apple, chopped into chunks  
small handful of broccoli florets  
1 small red pepper, chopped  
100g bulgur wheat  
550ml hot veggie stock  
Fresh coriander

## Instructions

- 1) Boil the bulgur wheat in the stock, then leave to simmer with a lid on for about 15 minutes.
- 2) Meanwhile, fry the pork strips and the broccoli. After a few minutes, add in the apple chunks.
- 3) Once the bulgar wheat has absorbed the stock, mix in the pork, broccoli and red pepper.