

BRAAIED GREEN SALAD

Suitable to get everyone talking.

Tarryn Gabi de Kock, Masterchef South Africa 2022 Finalist, shares one of her favourite recipes with us. She loves to experiment with the boundaries of braai and this recipe is definitely a different spin on a normal green salad. Not many people can say they have eaten a Braaied Green Salad. Change it up and try something new.



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Prep time: 15 minutes
Cook time: 30-40 minutes
Serves 2 people

INGREDIENTS:

200 g cherry tomatoes
2 heads of romaine lettuce
2 heads of yellow corn
1 red pepper
1 yellow pepper
2 spring onions
½ cup of soaked bulgur wheat or couscous, seasoned with salt
2 tablespoons of white wine vinegar
2 tablespoons of olive oil

DRESSING:

50 g finely grated Parmesan
60 ml of olive oil
30 ml of white wine vinegar
2 tablespoons of honey
1 teaspoon of mustard
Salt and pepper to taste
Toasted sunflower seeds

INSTRUCTIONS:

1. Light your fire. It will take a while for the coals to get ready, so get it going before you start preparing your ingredients. If you're using a gas braai, preheat your braai to 180°C. Keep your braai lid closed to avoid losing the heat.
2. Cut peppers into cubes and cut the romaine lettuce into quarters, retaining the inner stalk to keep the leaves together.
3. Mix white wine vinegar and olive oil together and toss the vegetables through this mixture. Season lightly with salt.
4. Place the vegetables on a hot braai, with the corn and romaine lettuce on the hottest part. Cook until the vegetables are charred and tender, with some crunch still remaining, and then remove.
5. Keep the vegetables in a steel baking pan placed on a cooler part of the braai, with the veggies well-spaced out to prevent them from steaming and going soggy.
6. Prepare the dressing by whisking the olive oil, white wine vinegar, honey, mustard, and Parmesan together. Add salt and pepper to taste and pour in any remaining marinade as well as any liquid that has drained from the vegetables. At this point, taste to adjust the dressing to your liking; you can add more honey or vinegar depending on your preference.
7. Finely dice the spring onions. Use half (both green and white) and stir into the dressing.
8. Slice the kernels off the head of corn. Mix half of the corn kernels with half of the peppers and remaining spring onion and toss this with the bulgur wheat and half of the dressing. Place the salad in your desired serving bowl or platter.
9. Arrange the romaine lettuce, tomatoes, and remaining peppers on top of the bulgur wheat mixture.
10. Pour over the remaining dressing and garnish with sunflower seeds.

MEGAMASTER RECIPE TIPS



TIP 01

Enjoy the salad as soon as it comes off the braai, to avoid the ingredients from going soggy.



TIP 02

Change it up and experiment with braining your favourite vegetables and adding it to the salad.



TIP 03

For extra flavour you can add some crumbled feta cheese.