

Broiled Fish over Warm Olive Tabbouleh

adapted from The Food Matters Cookbook

1/2 cup bulgur

salt

2 tablespoons olive oil, plus more as needed

1/2 black olives, pitted and chopped (I used kalamata)

1 tablespoon minced garlic

1 cucumber, peeled, seeded, and chopped

1 cup chopped fresh parsley

1 cup chopped fresh mint

3 lemons: 1 juiced and 2 cut into wedges

Black pepper

12 ounces of firm white fish, cut into 4 chunks

2 cups cherry tomatoes

1 small red onion, finely chopped

Preheat the broiler on high. Place the rack about 4-6 inches from the heat source.

Put the bulgur in a small pot with a pinch of salt and water to cover by about 1 inch (no more). Bring to a gentle boil and cook, without stirring, until the water boils off and the bulgur is tender, 5 to 10 minutes, depending on the grind.

On a large baking sheet covered with foil, toss the fish, tomatoes and red onions in some olive oil and season with salt and pepper. Put under the broiler and cook for about 10 minutes until fish is cooked through and tomatoes and red onions have some color. (Alternatively, you can skewer tomatoes, onions and fish and grill kebabs).

Put 2 tablespoons oil in a large, deep skillet over medium heat. A minute later, add the olives and garlic and cook, stirring occasionally, until the garlic begins to color, 3 to 5 minutes. Add bulgur and mix to combine. Take off heat and add the cucumber, parsley, mint, and lemon juice. Toss to combine adding lots of pepper and enough oil to moisten everything. Taste and adjust seasoning.

Serve warm olive tabbouleh with fish and veggies. Put bowl of lemon slices on table and use liberally.

(Servings: 4, Prep time: 20 min., Cook time: 20 min., Difficulty: Easy)