Mint Marinated Grilled Shrimp Tabbouleh Salad

Author: Adapted from Bobby Flay, Food Network

Carolyn T's Main Cookbook

Servings: 4



BULGUR WHEAT SALAD:
1/2 cup bulgar wheat, medium or coarsely cracked
1 1/2 cups boiling water
3/4 cup baby arugula leaves
2 large green onions, thinly sliced
3 tablespoons fresh mint, finely chopped, plus fresh mint leaves for garnish
1/4 cup fresh lemon juice, or lime juice
1 clove garlic, chopped to a paste
1/4 cup olive oil
1/3 cup cucumber, diced
1/4 cup fresh parsley, chopped
1/3 cup fresh tomatoes, diced
Salt and freshly ground black pepper
GRILLED SHRIMP:, recipe follows
1/4 cup fresh lemon juice
3 tablespoons fresh mint, chopped
1/4 cup canola oil
1/4 teaspoon freshly ground black pepper
1 pound large shrimp (20-24 count)
Salt, to taste

Blog: Carolyn T's Blog: http://tastingspoons.com

Your Text Here

Per Serving (excluding unknown items): 442 Calories; 29g Fat (59.1% calories from fat); 26g Protein; 20g Carbohydrate; 5g Dietary Fiber; 173mg Cholesterol; 183mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.

Description:

1. Place bulgur in a bowl and pour the boiling water over. Cover with plastic wrap and let stand until bulgur is tender and most of the water is absorbed, about 1 to 2 hours.
2. Drain off any excess liquid from the bulgur and allow it to sit in a colander for 15-20 minutes to drain off further water. Place bulgar in a bowl and stir in the arugula, green onions, cucumber, parsley, tomatoes and mint.
3. Whisk together the lemon juice, garlic and oil and season with salt and pepper. Pour the mixture over the bulgur and taste again for seasoning.
4. Transfer tabbouleh to a platter and top with the grilled shrimp. Garnish with fresh mint leaves.
5. SHRIMP: Combine juice, mint, oil and pepper in a blender and blend until smooth. Place shrimp in a bowl, pour marinade over and stir to coat evenly in the marinade. Marinate for 10 minutes. Heat grill to high. Season shrimp with salt and grill for 1 to 2 minutes per side or until slightly charred and just cooked through.