Charred Corn, Avocado and Lime Bulgur

3 bulgur lunch portions · Active 25 min · Total 1 hr 35 min

Skills: Easy

Ingredients

- 3/4 cup medium bulgur (130 g)
- 1 1/2 cups water (360 ml)
- 1/2 teaspoon fine salt, divided
- 1 1/2 cups frozen corn, thawed and well drained (225 g)
- 1 tablespoon olive oil (15 ml), divided
- 1 red bell pepper, finely diced (150 g)
- 3 scallions, finely sliced
- 3 tablespoons lime juice (45 ml)
- 1/2 teaspoon ground cumin
- 1 large ripe avocado, diced (about 150 g flesh)
- 1/4 cup chopped cilantro (15 g)

Set out

Medium saucepan with lid, 12-inch skillet, Large bowl, Shallow cooling container

Allergens

Wheat. Check labels and substitutions.

Timing

Total includes an estimated 60 minutes of refrigerator chilling; wait until the cooked components are fully cold before packing, even if that takes longer.

Make it

1. Bring water and 1/4 teaspoon salt to a boil in the saucepan. Stir in bulgur, cover, reduce to low and cook for 10–12 minutes or according to the package. Drain any excess water and spread in a shallow container to cool promptly in the refrigerator.

2. Heat 1 teaspoon oil in the skillet over medium-high. Add corn in an even layer and cook for 5–6 minutes, stirring occasionally, until browned in spots. Transfer to a shallow dish and refrigerate to cool.

3. Whisk remaining oil, lime juice, cumin and remaining salt in the large bowl. Reserve 1 tablespoon dressing in a small cup.

4. Mix the cold bulgur and corn with bell pepper, scallions and most of the cilantro.

5. Toss avocado gently with the reserved dressing, fold it through the salad and finish with remaining cilantro. Divide into three containers and refrigerate.

Pack the base, finish the portion

If three portions are being used on different days, divide the dressed grain base first and add avocado separately to each portion when packing. This small step makes the last box more appealing without repeating the entire cooking process.

A useful detail

Medium bulgur is different from fine bulgur used for some tabbouleh recipes. Package instructions take priority if the grind requires a different water ratio.

Keep it well

Refrigerate the grain-and-corn base at 40°F/4°C or below for up to 3 days; eat the salad with avocado within 1 day for best texture. Chill cooked ingredients within 2 hours, or 1 hour above 90°F/32°C. Transport with two cold sources and keep refrigerated.