

Mediterranean wheat salad *(Pasta & rice main dishes)*



Preparation

Cook the wheat. Wash and cut the tomatoes into segments; cut the cucumber into chunks; add the olives and capers, the coarsely chopped and washed herbs, the whole rocket leaves, and finally the warm wheat; then finish with a plentiful dressing of olive oil, lemon juice and salt. Serve warm or cold.

Tips

Always keep some wheat, spelt, and barley in your store cupboard because they are so useful for all sorts of salads you might dream up.

Trivia

The wheat takes about an hour and a half to cook in boiling water, but you can also buy it par-boiled in which case it only takes 8 minutes.

Information

Preparation 30 minutes

Total Time 10 minutes

Serves X Serves 3 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Wheat 200 grams

Tomatoes

Cucumbers

Olives

Capers

Rocket

Parsley

Basil

Mint

Extra virgin olive oil

Lemon

Salt