

From: "Milk Street Vegetables"

Fresh Fennel and Brussels Sprouts Tabbouleh

Classic tabbouleh tosses summery tomatoes, cucumbers and herbs with nutty, nubby bulgur. For this riff on the perennial favorite, we switched to cool-weather Brussels sprouts and fennel and make a sweet-tart dressing by combining dark, syrupy pomegranate molasses with olive oil and a touch of cinnamon. We also use coarse bulgur—and a good amount of it—to make the salad more grain-centric. A food processor fitted with the thin (2-millimeter) slicing disk makes quick work of the vegetable prep, but, if you prefer, the vegetables also can be sliced by hand. This tabbouleh is delicious either at room temperature or slightly chilled.

START TO FINISH: 40 MINUTES (25 MINUTES ACTIVE)
SERVINGS: 4 TO 6

6 tablespoons extra-virgin olive oil	½ medium red onion, trimmed and peeled
¼ cup pomegranate molasses	1½ cups coarse bulgur
¼ teaspoon ground cinnamon	4 cups boiling water
Kosher salt and ground black pepper	½ cup chopped fresh flat-leaf parsley
6 ounces Brussels sprouts, trimmed	¼ cup chopped fresh mint
1 medium fennel bulb, trimmed, halved lengthwise and cored	½ cup sliced, toasted almonds OR chopped roasted pistachios

Don't forget to rinse the hydrated bulgur before adding it to the vegetables. Rinsing stops the cooking process and cools down the bulgur so its heat doesn't cause the vegetables to wilt and lose their texture. If your fennel bulb has feathery fronds attached, don't discard them. Chop the fronds and sprinkle them on as a garnish along with the almonds.

1. In a large bowl, whisk together the oil, pomegranate molasses, cinnamon, ½ teaspoon each salt and pepper and 1 tablespoon water; set aside. Using a food processor fitted with the thin (2-millimeter) slicing disk, slice the Brussels sprouts, fennel and onion, cutting the vegetables if needed to fit into the feed tube. Add the sliced vegetables to the dressing and toss, then let stand at room temperature while you soak the bulgur.
2. Add the bulgur to a medium bowl, then stir in the boiling water. Let stand for 15 minutes to allow the bulgur to hydrate. Drain in a fine-mesh strainer, rinse under cool water and drain again.
3. Add the bulgur to the bowl with the vegetables, along with the parsley and mint. Toss well, then taste and season with salt and pepper. Transfer to a serving dish and sprinkle with the almonds.

