

## **Lobster and Burghul Salad with Harissa Mayonnaise**

Serves 4

### **Ingredients**

1 cooked lobster tail, sliced into medallions

#### Burghul Salad

100g fine burghul (cracked wheat)

1 vine-ripened tomato, seeds removed, cut into 1cm dice

300g baby spinach leaves, thinly sliced

2 roasted red capsicums, peeled and cut into 1cm slices

Handful coriander leaves

1 preserved lemon, skin only, finely sliced

Sea salt and freshly ground pepper

#### Lemon Dressing

240ml extra virgin olive oil

80ml lemon juice

½t Dijon mustard

½t caster sugar

Sea salt and freshly ground pepper

#### Harissa Mayonnaise

15g harissa

85g mayonnaise

### **Method**

To make the harissa mayonnaise, combine the harissa and mayonnaise and check the taste – it should be spicy without being too aggressive. If it seems too thick add a little water.

To make the lemon dressing, combine the lemon juice, mustard and sugar in a bowl and whisk together to combine. Pour in the oil whilst whisking continuously and season with salt and pepper.

For the salad, place the burghul in a bowl. Bring 200ml of water to the boil and pour over the burghul and set aside for 30 minutes. Tip into a strainer to drain off any excess water.

Combine the burghul in a bowl with the remaining salad ingredients, season with salt and pepper and add enough dressing to just coat all the salad ingredients.

To serve, divide the dressed salad among 4 plates. Top each salad with lobster medallions, then spoon over some harissa mayonnaise.