

5PLUS5

FIVE INGREDIENTS +
FIVE MINUTES OF PREP!

Tuna & Tiny Tomato Tabouleh (aka TnTTT)

Ingredients:

- 1 cup bulgur wheat, uncooked
- ½ lb. fresh ahi tuna steak
- 1 cup small grape tomatoes,
halved
- 1 medium cucumber,
peeled and diced
- ¼ cup Italian salad dressing

Have on hand:

- 2 cups water
- Salt and pepper

Place the bulgur, water and a pinch of salt and pepper into the Aroma® rice cooker, close the lid and Steam/Cook for 17 minutes. Place the tuna steak into the steam tray, open the lid and carefully place the steam tray into the cooker. Close the lid and continue to Steam/Cook for 5 or 6 minutes. When done, remove the tuna steak and set aside. Spoon the cooled bulgur into a serving bowl, toss in the remaining ingredients, except the tuna, and give it a quick stir. Slice the tuna steak thinly and place on top of the salad.

Serves 2 to 3.

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