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## Soft wheat salad with paprika and feta

### INGREDIENTS

300 g Ebly or other durum wheat

1 red pepper

1 green pepper

200 g feta

2 spring onions

1 tablespoon freshly chopped parsley

Dressing

2 tablespoons sour cream

1 tablespoon of Balsamic Bianco

1 tablespoon of olive oil

salt, pepper

## INSTRUCTIONS

Boil the tender wheat in boiling water and cook for 3-5 minutes. Let it cool down afterwards. Finely dice the peppers and feta, cut spring onions into rings. Put the Ebly in a bowl, add the paprika, feta, spring onions and chopped parsley. For the dressing, mix the sour cream with white balsamic vinegar and olive oil and pour over the salad. Mix everything well, season with salt and pepper. You can also add olives and vary as you like. The salad always goes down well !