

TURKISH BULGUR SALAD

INGREDIENTS

2 cups Bulgur Wheat dry (I used Turkish Bulgur)
3 cups boiling water
1/4 cup tomato paste
2 tablespoons roasted red pepper paste
1 tsp. Salt or more to taste

1/4 cup olive oil I used Turkish Olive Oil
1 cup cucumber diced
1 red bell pepper diced
3/4 cup green onion chopped
1/3 cup fresh parsley chopped
3/4 tsp. Cumin powder or 7 spice
1 lemon juiced
2 tbps. pomegranate molasses
1/3 cup purple onion optional
2 tablespoons Jalapeño Pepper optional if you like spicy

METHOD

Step 1

In a bowl, soak the bulgur with the boiling water for 20-30 minutes, mixing occasionally until they are soft and tender. Bulgur should not be chewy.

Step 2

Meanwhile dice and chop all your ingredients.

Step 3

In a frying pan bring the olive oil, salt, tomato and pepper paste to simmer and keep cooking on low for about 5-7 minutes, stirring occasionally to form a creamy tomato paste base. Turn off the heat.

Step 4

Add in the bulgur and mix to coat well with the tomato paste. Allow the bulgur to cool down for about 10 minutes.

Step 5

In a bowl, add in all the salad ingredients with the bulgur, pomegranate molasses, lemon juice and cumin. Taste to see if you prefer to add more salt.

Step 6

Serve right away or cool in the fridge to serve cold.

THE
COOKERY

by The Secret Jozi Chef