

# TURKISH BULGUR SALAD

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## 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