



# How to cook bulgur wheat

**15 minutes**

Hands on

**2**

Portion(s)

**1**

Difficulty



## Ingredients

- 50 ml olive oil
- 200 g bulgur wheat
- 2 sprig(s) thyme, only the leaves, finely chopped
- 2 sprig(s) rosemary, only the leaves, finely chopped
- 250 g water
- lemon zest, of 1 lemon
- salt
- pepper, freshly ground
- olive oil, for serving
- lemon, for serving

## Διατροφικός πίνακας

Nutrition information per portion

505 Calories (kcal)	16.0 Total Fat (g)	2.5 Saturated Fat (g)	74.0 Total Carbs (g)
25%	23%	13%	28%
1.1 Sugars (g)	12.0 Protein (g)	9.2 Fibre (g)	0.02 Sodium (g)
1%	24%	37%	0%

## Method

- Place a [nonstick pan](#) over medium to high heat.
- Add 50 ml olive oil and 1 cup of bulgur.
- Stir continuously and sauté for at least 2-3 minutes until it becomes nice and golden brown.
- Sauteeing it will give it a rich nutty flavor which is essential to bring out all its taste.
- When ready, remove from heat. Add 2 sprigs of finely chopped rosemary leaves, 1 cup of water or vegetable stock, the grated zest of 1 lemon, salt and pepper.
- Place pan back on heat. As soon as you see the mixture bubbling, remove from heat.
- Cover and set aside for 10 minutes until the bulgur soaks up all of the liquid.
- Uncover and serve with any of your favorite aromatics.
- Put it on a plate, sprinkle with some olive oil and a little lemon juice.