



Bulgur salad with chestnuts and pomegranate

15'
Hands on

5'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Place a [frying pan](#) over high heat and add 2 tablespoons olive oil.
- Add the bulgur and sauté for 2-3 minutes, until golden.
- Add the bouillon cube crushed with your hands, the water, and let it come to a boil.
- Cover with a lid, remove from the heat, and set aside until the whole water is absorbed.
- [Cut](#) the leeks into rounds.
- Place a frying pan over high heat and add 2 tablespoons olive oil.
- Add the leeks into the pan and sauté.
- Add the garlic finely chopped, salt, pepper, and let them caramelize.
- Add the pine nuts, the chestnuts crushed, and mix. If the frying pan is too dry, you can add 1 tablespoon olive oil.
- Deglaze the pan with the pomegranate balsamic vinegar, add the tomatoes cut into cubes, and allow 2 minutes for them to boil.
- Add the bulgur into the pan, and mix.
- Serve with the mint and parsley finely chopped, lemon zest, the feta cheese crushed, pomegranate seeds, olive oil, and pepper.

Ingredients

- 4 tablespoon(s) olive oil
- 200 g bulgur wheat
- 1 chicken bouillon cube
- 200 g water
- 3 leeks
- 1 clove(s) of garlic
- salt
- pepper
- 3 tablespoon(s) pine nuts
- 150 g chestnuts, boiled
- 2 tomatoes, ripe
- 50 g balsamic vinegar, pomegranate

To serve

- 1/4 bunch mint
- 1/2 bunch parsley
- lemon zest, of 1 lemon
- 100 g feta cheese
- 1 pomegranate, seeds
- 1 tablespoon(s) olive oil
- pepper

Διατροφικός πίνακας

Nutrition information per portion

360 Calories (kcal)	16.0 Total Fat (g)	4.1 Saturated Fat (g)	42.0 Total Carbs (g)
18%	23%	21%	16%
12.0 Sugars (g)	8.9 Protein (g)	5.0 Fibre (g)	1.0 Sodium (g)
13%	18%	20%	17%