



Bulgur salad with chestnuts and pomegranate

15'

Hands on

5'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

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

To serve

- ¼ bunch mint
- ½ bunch parsley
- zest from 1 lemon
- 100 g feta cheese
- seeds from 1 pomegranate
- 1 tablespoon olive oil
- pepper

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.

Διατροφικός πίνακας

Nutrition information per portion

323 Calories (kcal)	12.0 Total Fat (g)	3.5 Saturated Fat (g)	42.0 Total Carbs (g)
16%	17%	18%	16%
12.0 Sugars (g)	8.8 Protein (g)	5.0 Fibre (g)	1.0 Sodium (g)
13%	18%	20%	17%