



# Seafood Bulgur Risotto

40 minutes

Hands on

4-6

Portion(s)

3

Difficulty



## Ingredients

- 50 ml ouzo
- 1 onion, finely chopped
- 1 clove of garlic, minced
- 140 g butter
- 500 g bulgur, soaked in water overnight
- 100 ml wine
- 700 ml water
- 1 leek
- 200 g parmesan cheese, grated
- 1 vegetable bouillon cube
- 1 kilo calamari
- ½ bunch parsley, only the leaves, finely chopped

## Method

- Rinse the bulgur with plenty of water. Strain well.
- In a bowl, add the calamari, salt, pepper and olive oil. Toss to coat.
- Sauté in a pan in small batches until golden. If you crowd your pan they will boil instead of brown nicely.
- When ready, put all of the calamari back in the pan and add the ouzo. Cook for about 2 minutes, until the alcohol in the ouzo evaporates.
- Remove from pan and transfer to a bowl.
- In the same pan, add 1 tablespoon olive oil and sauté the onion.
- When it starts to soften, add the garlic and sauté for 2 minutes.
- Drain the bulgur and add to the pan. Sauté for 2 minutes.
- Add the wine and cook until the alcohol evaporates.
- Dissolve the bouillon cube in the boiling water. Add it to the pan in small batches. Stir and wait for each addition to be soaked up by the mixture before adding the next.
- When all of the water has been added and soaked up, remove from heat. The mixture should be creamy.
- Add the butter and grated parmesan. Stir and then add the calamari.
- Serve with finely chopped parsley.

## Διατροφικός πίνακας

Nutrition information per portion

847 Calories (kcal)	42.0 Total Fat (g)	21.0 Saturated Fat (g)	65.0 Total Carbs (g)
42%	60%	105 %	25%
3.3 Sugars (g)	48.0 Protein (g)	6.6 Fibre (g)	1.6 Sodium (g)
4%	96%	26%	27%