



Bulgur Risotto

15'

Hands on

40'

Cook Time

6

Portion(s)

2

Difficulty



Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Rinse the bulgur with plenty of water. Strain well.
- Add 3 tablespoons of olive oil to a pot and place over medium to high heat. Add the carrot, onion, leek and garlic. Sauté until they soften and add the wheat. Sauté for another 2 minutes.
- Add the broth, a little at a time, just as you would add it to a risotto. Simmer for 30 minutes.
- When ready, add the remaining ingredients. Stir with a wooden spoon gently and remove from heat.
- Cover the pot with its lid and keep covered so that the food can finish cooking (off heat) and become creamy.
- Using a small sharp knife, make a small incision on the back of each shrimp and remove the vein. Place them in a bowl, drizzle with a little olive oil and season with salt and pepper. Sauté in a pan over high heat. Brown on all sides and remove from heat.
- As soon as the bulgur risotto is velvety and creamy, add 2 tablespoons of tahini and lemon juice and stir.
- Serve with the sautéed shrimp!
- If you prefer mussels instead of shrimp, simply add them to the bulgur risotto 2 minutes before you remove it from the heat and covered with the lid so that they can steam.

Tip

Sauté the bulgur first, this will intensify the flavors a great deal... Do not boil the shrimp longer than necessary and do not add them to the dish before serving because they will turn rubbery and won't be very tasty... You can substitute the shrimp with frozen shelled mussels!

Ingredients

- 250 g bulgur wheat, soaked in water overnight
- 1 carrot, cut into 4 mm cubes
- 1 leek, finely chopped
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 2 vegetable bouillon cubes
- 1 ½ liters water
- olive oil
- parmesan cheese optional)
- 2 tablespoons tahini
- grated zest and juice of 1 lemon
- parsley, finely chopped
- 1 pack of shrimp (500 g), peeled

Διατροφικός πίνακας

Nutrition information per portion

277 Calories (kcal)	6.5 Total Fat (g)	1.3 Saturated Fat (g)	31.5 Total Carbs (g)
14%	9%	7%	12%
3.1 Sugars (g)	21.4 Protein (g)	4.5 Fibre (g)	0.8 Sodium (g)
3%	43%	18%	13%