



Oriental bulgur salad

The Orient on a fork: savory bulgur is combined with sweet dates and fruity pomegranate seeds.

Zutaten

2 Portionen

Bulgur salad

150 g Bulgur, coarse grain

400 ml Vegetable broth

3 Handles Parsley

1 Spring onion

0.5 Cucumber

50 g Dates, dried

2 TL Ras El Hanout spice

0.5 Pomegranate

Dressing

4 EL Byodo extra virgin olive oil, from Spain

2 EL Byodo Condimento Bianco

2 EL Byodo Pomegranate Balsam

1 EL Byodo fig mustard

Juice of half an organic lemon

Zubereitung

Cook the bulgur in the vegetable stock for approx. 10-12 minutes until al dente. Drain through a sieve and allow to drain well.

Chop the parsley leaves. Cut the spring onion into fine rings and the cucumber and dates into small pieces. Add everything to the bulgur, mix in and season with ras el hanout.

Remove the seeds from the pomegranate.

Place the ingredients for the dressing in a blender jug and whisk. Our extra virgin olive oil from Spain gives the salad a mild, slightly sweet note. Pour the dressing over the bulgur salad and mix well.

Finally, garnish with the pomegranate seeds