

Veggie Bulgur Salad Kisir

Oscar · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

40 mins

Description

I got this bulgur salad recipe from a friend it is a very popular TurkishMiddle Eastern salad

Ingredients

- - 1 cup fine bulgur - 1 cup boiling water - 2 tablespoons olive oil - 1 onion
- finely chopped - 2 large tomatoes
- finely chopped - 1 cucumber
- diced - 2 green bell peppers
- finely chopped - 1 red bell pepper
- finely chopped - 7 green onions
- finely chopped - ½ cup minced fresh parsley - ½ cup minced fresh mint leaves - 1 teaspoon red pepper flakes
- or to taste - 2 tablespoons olive oil - juice of 1 fresh lemon - 2 tablespoons pomegranate molasses

Instructions

1. Place bulgur in a bowl; stir in boiling water. Cover and let stand for 20 minutes. Meanwhile
2. heat 2 tablespoons olive oil in a skillet over medium heat. Stir in chopped onion; cook and stir until onion has softened and turned translucent
3. about 5 minutes. Drain bulgur and return it to the bowl. Add cooked onion
4. chopped tomatoes
5. cucumber
6. green and red bell peppers
7. green onions
8. parsley
9. mint
10. and red pepper flakes. Drizzle with 2 tablespoons olive oil
11. lemon juice
12. and pomegranate molasses. Toss gently until the salad is thoroughly combined. Serve immediately
13. or refrigerate until serving. Tips You may substitute balsamic vinegar for the pomegranate molasses.