



ANTEP STYLE BULGUR SALAD

Serves 8

Ingredients

2 ½ cups	Bulgur Wheat
3 cups	Boiling Water
1-2 Tbsp	Red Bell Pepper Paste (Avjar)
1-2 Tbsp	Tomato Paste
1 ½ Tbsp	Paprika
1 bunch	Parsley, minced
6	Green Onions, very thinly sliced
4-6 cloves	Garlic, minced
1 medium	Onion, minced
1 ½ cup	Olive Oil
3 Tbsp	Pomegranate Molasses
4-5 leaves	Romaine, chiffonade
2 Tbsp	Mint, minced
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Mixing bowl

1. In a large mixing bowl, season bulgur with a few pinches of salt. Pour in boiling water while stirring. Cover and let stand for 15 minutes.
2. Add pepper and tomato paste, with your hands, until well blended.
3. Add the next 5 ingredients and mix well to combine. Gradually pour in olive oil and pomegranate molasses. Mix until well blended.
4. Stir in romaine and mint. Season with salt and pepper. Serve chilled.