



WHERE PASSION MEETS THE PLATE

TURKISH STYLE BULGUR PILAF

Simple, Flavourful and Authentic.

A classic Turkish side dish made with coarse bulgur, ripe tomatoes, red bell pepper and a touch of harissa for a rich, Mediterranean flavour.



SERVINGS
6



PREP TIME
10 MIN



COOK TIME
30-35 MIN



DIFFICULTY
EASY

INGREDIENTS

- 2 cups bulgur, coarse
- 2 tbsp olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 **red bell pepper**, diced
- 3 roma tomatoes, chopped
- 1 ½ tbsp **harissa paste**
- ½ tsp salt
- ½ tsp black pepper
- 3 ½ cups water



PHIL'S NOTES

- Use coarse bulgur for the best texture and authentic Turkish style. Both light and dark varieties work; I recommend the lighter one.
- Bulgur absorbs water as it cooks and becomes fluffy. If needed, add more water, 1/3 cup at a time, if it's not cooked yet.
- Store leftovers in an airtight container and refrigerate for up to 5 days. Reheat in the microwave or on the stove over medium low heat.
- You can always add more vegetables such as mushrooms, corn or green peas.

STEP-BY-STEP

1



Rinse the bulgur

Place the bulgur in a bowl and rinse a few times. Set it aside.

2



Sauté the onion and garlic

Heat the olive oil in a pot over medium heat. Sauté the onion until translucent, then add the minced garlic. Cook for a minute.

3



Add the red bell pepper

Add in the diced red bell pepper and cook for a few minutes until it softens.

4



Add the tomatoes

Add in the chopped tomatoes and stir well. Cook until they start releasing their juice.

5



Add the harissa paste

Add the harissa paste and stir well so it combines with the other ingredients.

6



Add the bulgur

Add the salt and pepper and add in the rinsed bulgur. Stir well.

7



Add the water and simmer

Turn the heat to medium high and add in the water. Once it comes to a simmer, lower the heat to medium, cover with a lid and cook for about 20-25 minutes until the water is almost completely evaporated.

8



Rest with the lid wrapped

Wrap the lid in a clean kitchen towel and place it on the pot. Turn the heat to medium low and cook for another 10 minutes.

9



Finish and serve

Turn the heat off and let the bulgur sit for 5 minutes untouched, then fluff it with a fork and serve.