



Bulgur salad with cranberries

Toast the pine nuts in a skillet over medium heat without additional fat and constantly stir until they gain a nice golden brown color, but be careful not to burn them. Once done, remove from skillet.

Finely slice the spring onions and coarsely chop the dried cranberries. Melt butter in a large saucepan and saute the spring onions over medium heat until quite soft.

Pour over the stock of your choice (vegetable or chicken) and bring to a boil, then add the bulgur and let boil for a couple of minutes (stirring every now and then) before adding the cranberries. Remove from heat and let stand until the bulgur is soft (10 to 15 minutes). Drain excessive stock if necessary.

Grate the zest of one lemon into the saucepan, add the toasted pine nuts and use a fork to loosen the bulgur until everything is evenly combined. Season to taste with additional sea salt (if necessary at all). Enjoy warm or cold.

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Recipe Source: own creation

Prep/cooking time: 20-30 min., plus chilling

Ingredients (serves 3-4):

- 30 g pine nuts
- 50 g spring onions (3-4)
- 50 g dried cranberries
- 2 tbsp butter
- 500 ml vegetable or chicken stock
- 200 g bulgur
- 1 untreated, organic lemon
- sea salt, if necessary