



## Bulgur salad with caramelized onions and oven veggies

Peel 3 onions, cut in half and slice them thinly. Heat about 3 tablespoons of olive oil in a large pan and add the sliced onions and a generous pinch of salt when hot. Fry them over medium to high heat until they have gained a nice golden brown color and do not forget to stir regularly to ensure they caramelize evenly, but do not burn.

Add the bulgur to the pan and roast - stirring constantly - for 5 minutes or until translucent over medium heat before you add the hot chicken broth. Don't worry, the liquid proportion may seem a bit off, but the bulgur will absorb every little drop in the end. Let simmer for 5 minutes, then pour everything into a large bowl. If you're up for a little extra zing (I am!), add the finely grated zest of half or even a whole lemon as well as the juice and stir until evenly distributed. Even out with a spoon, cover the surface with cling film and let rest for half an hour. The bulgur wheat will be perfectly soft to the bite afterwards.

Meanwhile prepare the oven vegetables. Preheat the oven to 200°C (390° Fahrenheit) and generously sprinkle a baking tray with olive oil. The next step entails a great exercise for your cutting skills, try to cut each vegetable in neat and uniform sized pieces, e.g. the carrots in thin slices, the eggplant in cubes and the small red onions in quarters or eights - you get the picture. I even added a handful of seedless grapes out of curiosity. Distribute on the tray together with the pine nuts (chopped walnuts work well, too), making sure not to overcrowd it and season well with sea salt,

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*Recipe Source: own creation*

Prep time: ~40 min., plus roasting 30-40 min.

#### Ingredients (serves 4-6 as a picnic salad):

- olive oil
- 3 medium sized red (or yellow) onions
- sea salt
- 200g medium to coarse bulgur
- 500 ml chicken stock
- optional: 1 untreated, organic lemon
- 2 sweet beta carrots
- 1 carrot
- 1 orange/yellow pepper
- 4 small red onions
- 3 small Roseval potatoes
- 1 small eggplant
- optional: a handful of seedless red grapes
- a handful pine nuts
- freshly ground black pepper
- a couple of sprigs fresh (lemon) thyme

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black pepper and (lemon) thyme. Drizzle with some more olive oil and - my favorite part - mix everything with your hands until evenly coated, then arrange in a thin layer.

Roast in the oven (I turned on the extra grill feature) on a level in the top third and check back every 10 to 15 minutes to make sure nothing gets too dark . Take out as soon as your veggies gain some brown spots, re-distribute everything with two big spoons or spatulas and back in the oven it goes. They should be done (soft & nice color) within 30 to 40 minutes. Take out, mix with the bulgur and season to taste with additional sea salt (if necessary at all). Enjoy warm or cold.

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