

**BULGUR SALAD
WITH RAISINS, GRAPES
AND ALMONDS**



Easy enough
30 min to prepare
15 min to cook
Inexpensive
Veggie
Vegan

Ingredients for 4 people :

400 g of bulgur
80 g of toasted sliced almonds
2 red onions
2 tbsp of pomegranate syrup (found in Eastern grocery stores. Use brown sugar otherwise)
1 lemon
3 big preserved lemons (or 8 small ones)
300 g of organic grapes
125 g of raisins
A few stems of parsley
Olive oil
Salt
Pepper grinder

- Soak the raisins in a bowl of water to rehydrate them.
- Cook the bulgur as directed on the package. Drain and let cool off in a salad bowl.
- Chop the onions. Sauté them in a pan with 2 tablespoons of olive oil and 2 tablespoons of pomegranate syrup until lightly brown. Set aside.
- Squeeze the lemon juice. Stir it in a bowl with salt, pepper and 5 tablespoons of olive oil.
- Remove the seeds and thinly slice the preserved lemons.
- Wash and remove the stems from the grapes. If the grapes are too big, cut them in half (and remove the seeds if they bother you).
- Finely chop the parsley.
- Strain the raisins.
- Put all the ingredients in a salad bowl. Add the sliced almonds, the sauce, and stir gently together.
- Refrigerate the bulgur salad 30 minutes before serving.

💡 If you can, choose red onions over yellow ones as they contain more polyphenols (anti-oxidants).

