

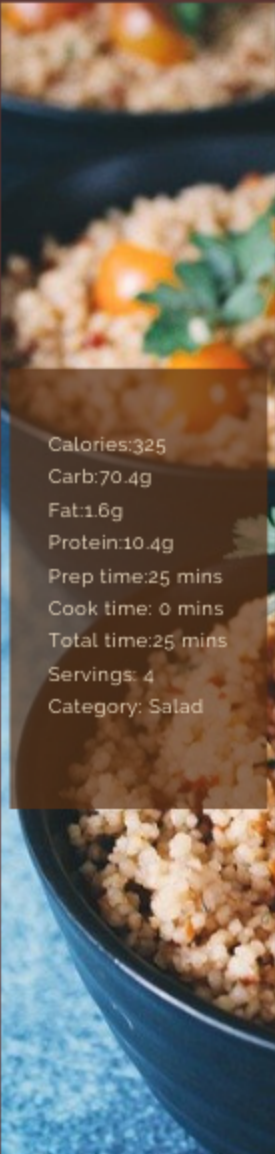
# Spicy Bulgur Wheat Salad

## Ingredients

- 350g fine bulgur wheat
- 240ml hot water
- 1 tbsp tomato paste
- 1 tsp chili flakes
- Juice of 1 lemon
- 1 medium onion, finely chopped
- 4 tomatoes, finely chopped
- Salt and pepper to taste
- Cilantro for garnish

## Preparation

1. Combine the bulgur wheat, salt, black pepper, red chili, tomato paste, and onion in a large mixing bowl and knead thoroughly. Pour the hot water over the mixture and whisk to well combined.
2. Cover and let it set for 10-15 minutes. Bulgur will absorb all of the moisture.
3. Top with chopped tomatoes, garnish with cilantro.



Calories:325

Carb:70.4g

Fat:1.6g

Protein:10.4g

Prep time:25 mins

Cook time: 0 mins

Total time:25 mins

Servings: 4

Category: Salad