

Bulgar Wheat Pilaff with Nuts and Seeds

Serves 4

Ingredients: -

150g /5 oz - onions, thinly sliced

800ml /1½ pint - vegetable stock

300g /11oz - Bulgur wheat

25g /1 oz - unsalted, raw cashew nuts

25g /1 oz - pumpkin seeds (rich in healthy omega oils)

15ml/1 tbs - sesame seeds

1 - pomegranate or 1 - dessert apple or 6 - ready to eat apricots

30ml/2 tbs - chopped fresh mint (great to help with digestion)

Method: -

Sauté onions in 30ml/2 tbs of hot stock until softened.

Stir in Bulgur wheat and rest of stock and bring to boil.

Cover and simmer for 12-15 minutes until Bulgur is tender and stock absorbed.

Meanwhile, under hot grill, toast cashew nuts for about 30 seconds until golden.

Dry-fry pumpkin and sesame seeds over medium heat in frying pan until they pop, stirring constantly (as they jump about!)

Stir nuts and seeds into Bulgur wheat. Cut up pomegranate and scoop out seeds and juice,



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add to wheat.

(If not using pomegranate, use chopped raw apple or apricots).

Stir in mint and serve.