



Bulghur Tomato Pilaf with Vegetables and Baharat

Delicious rice-alternative pilaf where the flavours of Arabian Baharat perfectly complements the wheat, tomato and vegetables.

Ingredients:

3 TBL olive oil
1 medium onion, chopped
1 TBL Arabian Baharat
3 cloves garlic, minced
1-inch piece of ginger, peeled and grated
A dozen button mushrooms, sliced
1 zucchini, halved and sliced
2 medium tomatoes, diced
1 cup coarse bulghur wheat, washed well and drained
1 cup vegetable or chicken stock
1 tsp kosher salt

For Garnish

Mint or parsley
Lemon slices

Instructions:

- 1 - Heat olive oil in pot over medium heat.
- 2 - Add onion. Sauté until soft for about 5 minutes
- 3 - Add Arabian Baharat. Sauté for 2 minutes
- 4 - Add garlic and ginger. Sauté for 1 minute.
- 5 - Add mushrooms. sauté for 5 minutes.
- 6 - Add zucchini. sauté for 3 minutes.
- 7 - Add tomatoes. sauté for 3 minutes.
- 8 - Add bulghur. Stir well with everything.
- 9 - Add salt and enough stock just to cover. Bring to a boil. Lower heat to simmer. Cover and cook gently for 15 minutes or until liquid is absorbed and bulghur is tender. Take off heat and let rest.
- 10 - Garnish with herbs and lemon.

Spices Used: Arabian Baharat

4 Servings