

Exotic bulgur with vegetables and almonds

Ingredients required for 2 persons

Preparation time 25 minutes

Difficulty easy

Ingredients

1 onion
1 EL coconut oil
100 g chopped almonds
300 g broccoli
150 g bulgur
1 red bell pepper
salt
black pepper
400 ml vegetable broth
1 TL coconut spice oil



Preparation

Finely mince the onion and brown in a pot with coconut oil. Add bulgur, toast slightly and deglaze with the vegetable broth. Boil up briefly and simmer over low heat for 8 to 10 minutes until the liquid has evaporated. Drain in a sieve. Roughly chop the almonds and toast in a pan without oil. Finely chop the vegetables and add to the almonds. Sauté for a few minutes while stirring. Mix vegetables and bulgur, add salt and pepper. Season with one of our coconut spice oils, for instance Ras-el Hanout, ginger lemon or Five Chinese Spices.