



Pumpkin-Bulgur-Salad (Vegan)

Description

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Butternut-Bulgur-Salad

Vegan

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Ingredients for 2

1/2 Butternut/Pumpkin

150g Bulgur
1 Bunch of Rocket
1 Handful Cranberries
Sunflower seeds
1 Onion
1 Tsp Honey
5 Tsp Olive oil
2 cl Lemon juice
Pepper
Salt

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Prepare

- ? Dice 1/2 butternut and toss with olive oil and salt
- ? Preheat the oven to 200°C top/bottom heat
- ? Soak 150g bulgur in hot salted water
- ? Halve the onion and cut into rings

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Cook

- ? Spread the pumpkin cubes on the baking sheet, roast for 10 minutes on the middle rack and then for 5 minutes on the top rack
- ? Fry the onion for 15 minutes over medium heat
- ? Dressing made from 2cl lemon juice, 4tsp olive oil, 1tsp honey, salt & pepper
- ? Mix 1 bunch of rocket, cranberries, pumpkin, onions and dressing
- ? Top the salad with sunflower seeds

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Butternut-Bulgur-Salad

(Vegan)

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- 150g Bulgur
- 1 Bunch of Rocket
- 1 Handful Cranberries
- Sunflower seeds
- 1 Onion
- 1 Tsp Honey
- 5 Tsp Olive oil
- 2 cl Lemon juice

Pepper
Salt

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Category

1. Food
2. normal

Date Created

November 2021
Author
admin

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