

GOLDEN BULGUR



Menù Ingredients

120 g Dorati - TN1
120 g Gamberetti liofilizzati - Freeze-dried prawns - MS9
240 g Broccoli saporiti - Tasty Broccoli - B30K
480 g Bulgur - RR0
q.s. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

30 g Toasted pine nuts
60 g Pea sprouts
q.s. Salt and pepper

Chef: Barbara Benvenuti

Method

Serve 6

Cook the bulgur in boiling salted water for about 10 minutes. Drain it and let it cool down. In the meantime, rehydrate the shrimps in water for about 5 minutes , and toast the pine nuts in a non-stick pan until golden brown. Mix all the ingredients together, then plate it up in a bowl with a drizzle of extra virgin olive oil and garnish with with pea sprouts and the toasted pine nuts.