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.

© Menù srl - Dal 1932 Produttori Specialità Alimentari
Registered Office/Plant: Via Statale 12 n.102 - 41036 Medolla (MO) | Offices: Via Concordia n.25 - 41032 Cavezzo (MO)