

## GOLDEN BULGUR



**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 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