

## LITTLE TIMBALE OF BULGUR WHEAT AND BEANSPROUTS



### Menù Ingredients

200 g Bulgur - RR0

250 g Tuttocampo – Tuttocampo Vegetables - Mixed vegetables  
- TG1

50 g Pesto rosso - Red pesto - CG0K

to taste Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

to taste Pesto di canapa Bio - Organic Hemp Seed pesto - K370B

to taste Preparato in polvere allo zafferano - Saffron Powder  
Mix - B90

### Ingredients

to taste salt

to taste fresh oregano

to taste parsley

**Chef:** Leonardo Pellacani

### Method

For 6 persons

Bring 400 g of salted water to the boil, then remove from the heat and add the bulgur wheat along with the saffron powder mix; leave to cool and leave to sit until all the cooking water has been absorbed. Then add the Tuttocampo vegetables, the red pesto, the extra virgin olive oil and the chopped parsley. Add salt to taste and mix the ingredients carefully. Put a ring mould in the middle of a black plate and fill it with a layer of bulgur wheat salad, levelling the surface. Put some bean sprouts on it and repeat the sequence of ingredients. Decorate with the hemp pesto previously emulsified with a little water and complete with leaves of fresh oregano.