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 beansprouts 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.

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