

## 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.