

# BULGUR AND PEAS WITH BEETROOT SALAD

## INGREDIENTS

### FOR THE BULGUR PEAS

- » [500g Essential Bulgur Peas Mix](#)
- » 1 Brown Onion
- » 2tbsp Olive Oil
- » 1tsp Cumin Seeds
- » 500ml Water
- » Salt and Black Pepper to taste

### FOR THE TOMATO SAUCE

- » 1 Brown Onion
- » 1tbsp Olive Oil
- » [400g Essential Tinned Chopped Tomatoes](#)
- » Salt and Black Pepper to taste

### FOR THE BEETROOT SALAD

- » 1 Medium Tomato
- » 2-4 Spring Onions
- » ½ Lemon (juice)
- » Drizzle of Olive Oil
- » Salt and Black Pepper to taste
- » Small Beetroot
- » Small Carrot
- » Small Head of Lettuce (such as little gem or romaine)
- » [400g Essential Chickpeas \(drained\)](#)



## METHOD

Begin by heating oil in a large pan over a medium heat. Stir in the cumin seeds and fry for around 30 seconds or until they begin to sizzle slightly. Peel and chop a small brown onion, add this to the pan, and cook until the chopped onions are golden and translucent. Add the bulgur peas to the pan and stir this well for a minute or two. Sprinkle a dash of salt and pepper into the pan and start to add the water. Mix this in and cover the pot with a lid. Let simmer for around 25 minutes.

While this is simmering, begin making the tomato sauce. Start by heating some olive oil in a pan over a medium heat. Dice a medium-sized onion and add this to the pan. Fry the onions until almost golden. Now stir in the chopped tomatoes and a sprinkle of salt and pepper. Cook for around 5-10 minutes on a low heat.

Start preparing your salad by chopping one medium-sized tomato and adding it to a bowl. Dice around 2-4 spring onions and add these along with a sprinkle of salt and black pepper. Squeeze in the juice of half a lemon along with a drizzle of olive oil. Grate a small beetroot and a small carrot. Add these both to the mixing bowl with the drained chickpeas and mix all the salad ingredients together.

Once the bulgur and peas are cooked, stir well in the pan, and serve alongside the rich tomato sauce and fresh beetroot salad.