



Vegetarian Food Fusion



Basic Ingredients (6 servings=6 cups)

3-4 cups boiling water or vegetable broth
 2 cups Burghul*
 1 large onion, diced.
 ½ cup carrots, diced
 70 grams roasted unsalted almonds
 70 grams raw unsalted pine nuts
 1 Tbsp of each: chia, sesame, ground flaxseeds
 70 grams raisins
 ¼ tsp of each: sweet paprika, hot paprika, ground pepper
 ½ Tbsp of each: turmeric, curry powder, saffron
 2-4 Tbsp olive oil
 ½ tsp of each: dark brown sugar, salt
 2 spring onions, thinly sliced and chopped parsley for garnish

Directions

Wash and rinse burghul in cold water. Heat oil in a large pot over medium heat. Add the onion, all spices and cook, stirring until the onions are translucent. Add carrots and caramelize. Add sugar. Add the burghul, raisins, pine nuts and two cups of boiling water, stirring every 3 minutes. Continue adding small amounts of hot water gradually until water is absorbed and burghul is cooked ~ ½ hour. Add 2 Tbsp olive oil and mix. Turn off the heat and seeds (Chia, sesame, flax). Sprinkle with spring onion, parsley and almonds.

Nutritional values

Provided by P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics

Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center

Suggestions

- Replace the burghul* with cracked wheat, quinoa or couscous. Check manufacturer recommendation for cooking time.
- Serve with salad or grilled vegetables of your choice.
- Serve with yogurt, halloumi cheese to increase proteins
- Serve with sweet and sour hot sauce.

	Total	1 serving
Energy:	2455 kcal	409 kcal
Cholesterol:	0 mg	0 mg
Sodium:	108 mg	18 mg
Carbs:	159 gr	26.5 gr
Dietary fiber:	53.6 gr	8.9 gr
Protein:	60.7 gr	11.5 gr
Fat:	142 gr	23.5 gr