



BURGHUL MUJADAARA WITH TRATOR

A traditional damascene nutritious dish bursting with fresh flavors & unique textures. It could be used as a side dish or main dish.

Nutrition facts Per 50 grams of burghul: Calories 700, Protein 25g, Carbs 90g, Fat 31g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, **Cooking Time:** 30 min



INGREDIENTS

Burghul (100 grams)

Whole Green Lentils (130 grams)

Onions

Olive Oil

Salt

Spice Mix

Tarator Sauce (Tahini based
sauce)

METHOD

1. Remove debris from burghul, wash with water 3-5 times until water runs clear. Drain in colander.
2. Remove debris from lentils, wash with water 3-5 times until water runs clear. Drain in colander.
3. Place lentils in a saucepan/pot and cover with room temperature water, use 500 ml water for every 200 gm lentils.
4. Cook over medium-high heat & skim any froth. When boiling, cover, reduce heat to low & cook 15-20 minutes or until just done. Do not overcook. Cover & set aside.
5. Place a large pot over medium heat, add olive oil, swirl to heat, then add the onions.
6. Cook onions stirring occasionally until well browned and crispy (but not burned), transfer to a plate with absorbent paper retaining most of the oil in the pot.
7. Increase heat to med-high, when oil is hot again, add the drained burghul & stir gently for a minute or so.
8. Add lentils with all cooking liquids to the burghul pot & stir well to combine. Add salt & spices and keep stirring gently until most liquid is absorbed.
9. Add one cup (250 ml) boiling water to the burghul pot or until just covered, bring to boil.
10. Cover pot and reduce heat to lowest, cook for 15-20 min or until absorbed.
11. Gently fluff with a large fork, add about $\frac{1}{2}$ cup boiling water & shake to distribute. Cover & cook over very low heat further 10 min.
12. Check for the grains and the lentils, they should be cooked but not mushy.
13. Stand the pot covered for 5 minutes away from heat.
14. Transfer to serving dish, top with the fried onions and serve the tarator on the side.