



Eitch/Kissir Relunched

Our best seller with walnuts

Nutrition Facts Per Serving: Calories 818, Protein 14g, Carbs 66g, Fat 56g

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

Preparation Time: 10 min, **Cooking Time:** 0 min



INGREDIENTS

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|----------------------|------------------------|
| Bulgur | Extra Virgin Olive Oil |
| Molasses | Pomegranate Seeds |
| Lemon Juice | Tomato Paste |
| Spring Onions | Chili Paste, Dry Basil |
| Parsley, Mint Leaves | Lettuce, Walnuts |

METHOD

1. Place bulgur in a large shallow dish, add Eitch Spice paste & hot water (85 ml for 2 persons, 170 ml for 4 persons and 255 ml for 6), stir well & knead by hand. Cover & leave on counter for 20 minutes.
2. If using lemon juice add 2 TBS, knead well & cover for 10 minutes.
3. Stir & knead again then add pomegranate molasses, & salt to taste, mix well.
4. Add oil & mix again to blend. Stand while preparing other ingredients.
5. Add all prepared ingredients to the bulgur mixture & toss to mix well.
6. Refrigerate until 15 minutes before serving.
7. Use a few lettuce leaves to line a large serving bowl, keep the rest on a side plate.
8. Taste the Eitch for lemon, salt & spiciness & adjust to taste (mix well after each addition)
9. Spoon the Eitch into the lined bowl, garnish as desired



BON APPETIT