



## BURGHUL WITH ZUCCHINI (ABU SHALHOUB)

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

**Nutrition facts Per 100 grams of burghul:** Calories 542, Protein 16g, Carbs 77g, Fat 18g

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

**Preparation Time:** 10 min, **Cooking Time:** 30 min



## INGREDIENTS

Burghul (200 grams)

Zucchini

Onion

Garlic

Coriander

Olive Oil

Salt

Spice Mix

Organic Broth

# METHOD

1. Wash burghul with room temperature tap water 3 times or until water runs clear, drain in colander.
2. Dissolve each broth cube in 400 gm boiling water.
3. Place a pot over medium heat, when hot add oil and swirl to distribute heat. Add onions and a dash of salt and keep sauteing until it starts to golden.
4. Add garlic and coriander leaves with a dash of salt, cook stirring for 30 seconds
5. Add burghul, remaining salt and spices and stir well but gently for 30 seconds.
6. Add broth and increase heat to high, bring to rapid boil, stir, cover and reduce heat to lowest.
7. Cook for 25 minutes covered, uncover make sure all moisture is absorbed, if not return to heat.
8. When done, switch of the heat, let the pot rest for 5 min, then fluff gently with a large fork and scoop to serving dish. Highly recommended accompaniments are plain yogurt or yogurt salad.