



# UCOOK

## Crispy Chorizo & Bulgur Bowl

**with beetroot chunks & yoghurt**

You know the saying, Chef: You eat with your eyes first. That will only make your mouth salivate with this eye-catching, colourful bowl of bulgur wheat, loaded with salty chorizo, lentils, & greens. Topped with cooked beet, briny olives & tangy sun-dried tomatoes. Finished with dollops of creamy yoghurt.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 2 People

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**Chef:** Jenna Peoples

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Quick & Easy

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Groote Post Winery | Groote Post Riesling 2022

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## Ingredients & Prep

300g	Beetroot Chunks
150ml	Bulgur Wheat
120g	Tinned Lentils <i>drain &amp; rinse</i>
40g	Green Leaves <i>rinse &amp; roughly shred</i>
100g	Sliced Pork Chorizo <i>roughly chop</i>
60g	Pitted Green Olives <i>drain</i>
40g	Sun-dried Tomatoes <i>drain</i>
60ml	Low Fat Plain Yoghurt

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. BEGIN THE BEETS** Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway). Alternatively, place the beetroot pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

**2. LOADED BULGUR** While the beetroot is cooking, boil the kettle. Place the bulgur wheat in a pot with 300ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary and fluff with a fork. Toss through the rinsed lentils, the shredded green leaves, and the chopped chorizo.

**3. CAN'T BEET THIS, CHEF!** Bowl up the loaded bulgur wheat. Top with the beetroot pieces. Scatter over the drained olives (to taste) & sun-dried tomatoes. Finish with dollops of yoghurt.



## Chef's Tip

Place a pan over medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 6-8 minutes (shifting occasionally).

## Nutritional Information

Per 100g

Energy	692kJ
Energy	166kcal
Protein	9g
Carbs	22g
of which sugars	2.2g
Fibre	5.6g
Fat	5.1g
of which saturated	1.4g
Sodium	310mg

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol, Cow's Milk

Eat  
Within  
3 Days