



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.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jenna Peoples

Quick & Easy

Groote Post Winery | Groote Post Riesling 2022

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Ingredients & Prep

150g	Beetroot Chunks
75ml	Bulgur Wheat
60g	Tinned Lentils <i>drain & rinse</i>
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Sliced Pork Chorizo <i>roughly chop</i>
30g	Pitted Green Olives <i>drain</i>
20g	Sun-dried Tomatoes <i>drain</i>
30ml	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 150ml 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