Van bulgur aşı (bulgur, green lentil and potato dish)

Whole recipe

Ingredients

150 g	Bulgur 1¼ glass
170 g	Green lentils 1 glass
30 g	Parsley ½ glass
400 g	Potato 2 pc
150 g	Onion 1¼ pc
15 g	Tomato paste 1 tbsp
5 g	Red pepper flakes 1 tbsp
5 g	Salt ¾ tsp
13.7 g	Olive oil 1 tbsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Fill the pot halfway with water and bring it to a boil. Add the bulgur and green lentils together and cook for 10 minutes.
   10 min
2. Add the diced potatoes and the salt to the pot and cook for 15 minutes.
   15 min
3. In a separate pan, fry the chopped onion in the olive oil until pink. Add the tomato paste and chili flakes and fry a little longer.
4. Scoop one ladleful of liquid from the pot where the bulgur and lentils cooked and add it to the onions in the pan. Tip the pan's contents into the main pot.
5. Boil for 2 minutes, add the parsley and turn off the heat. The dish is ready to serve after 35 minutes.
   2 min

Last changed: November 1, 2026
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