Kengerli bulgur aşı (bulgur pilaf with kenger thistle)

Serves 1 · 25 min

Ingredients

100 g	Gundelia (kenger)
70 g	Bulgur ½ glass
10 g	Clarified butter (ghee) ¾ tbsp
2 g	Ground black pepper ¾ tsp
3 g	Salt ½ tsp

Allergens

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

Method

1. Remove the thorns of the kenger, wash it in plenty of water and cut it into 2 cm pieces.
2. Boil the kenger in boiling water until tender, then drain.
3. Heat half of the ghee in a pot and sauté the drained kenger.
4. Sauté the bulgur in the other half of the ghee in a separate pot; add the black pepper, salt and water and leave to cook.
5. When the bulgur grains separate, add the kenger and set the dish aside to rest.

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