Konya topalak (bulgur meatball stew with chickpeas)

Whole recipe

Ingredients

150 g	Bulgur 1¼ glass
250 g	Ground beef
50 g	Egg 1 pc
5 g	Salt ¾ tsp
30 g	Butter 2 tbsp
13.8 g	Sunflower oil 1 tbsp
100 g	Onion 1 pc
20 g	Tomato paste 1¼ tbsp
10 g	Pepper paste
750 g	Water 3¾ glass
120 g	Cooked chickpeas ¾ glass

Allergens

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

Method

1. Knead the bulgur, mince, egg and salt well into a meatball dough.
2. Pinch off marble-sized pieces of dough and roll them into small balls in your palm.
3. In a separate pot melt the butter and add the oil. Chop the onion and fry until pink.
4. Add the tomato and pepper pastes and stir until fragrant.
5. Add the hot water and chickpeas and bring to the boil.
6. Add the meatballs, cover and cook.
   20 min
7. Take off the heat, rest and serve hot.
   10 min

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