

Red Beet Bulgur Salad

Healthy Turkish Red Beet Bulgur Salad with roasted beets, fresh herbs, and pomegranate syrup. Nutritious vegetarian dish perfect as appetizer or side.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 beet
- 2 tsp cracked wheat
- 0.5 bunch scallion
- 1 lemon
- 1 tbsp pomegranate molasses
- 2 tbsp olive oil
- 2 tsp red wine vinegar
- 1 tsp salt

Instructions

- 1 Prepare for roasting**

Preheat oven to 200°C (400°F). Line a baking sheet with parchment paper.
- 2** Wash and trim the 2 beets, leaving skin on. Drizzle with 1 tablespoon olive oil and season with salt and pepper.
- 3 Roast the beets**

Wrap each beet individually in aluminum foil and place on the prepared baking sheet. Roast for 45-60 minutes until tender when pierced easily with a fork.
- 4** Remove from oven and let cool in foil for 10 minutes. Unwrap beets and peel off skins when cool enough to handle, then cut into small cubes.

5 **Make beet-infused liquid**

Place diced beets in a saucepan with 1 cup water. Bring to a boil over high heat, then reduce to medium and simmer for 2 minutes to create deep red beet liquid.

6 **Cook the bulgur**

Place bulgur in a large bowl. Strain the hot beet liquid through a fine mesh strainer and gradually pour over bulgur, stirring between additions. Cover bowl tightly and let stand 15-20 minutes until bulgur is tender and all liquid is absorbed.

7 Fluff bulgur with a fork, then gently fold in the diced roasted beets, chopped spring onions, and fresh parsley until evenly distributed.

8 **Season and serve**

Drizzle with remaining 2 tablespoons olive oil and 2 teaspoons pomegranate syrup. Season with 1 teaspoon salt and pepper to taste. Let stand 10 minutes at room temperature before serving to allow flavors to meld.

Tips

Choose beets of similar size to ensure even cooking time. Smaller beets will cook faster than larger ones, so adjust baking time accordingly.

Wear gloves when handling cooked beets to prevent staining your hands, and use a plastic cutting board rather than wood to avoid permanent discoloration.

Let the bulgur absorb the beet liquid gradually - add it slowly and allow each addition to be absorbed before adding more for the best texture.

Reserve some of the beet cooking liquid as backup in case your bulgur needs more moisture to fully hydrate.

Toast the bulgur in a dry pan for 2-3 minutes before adding liquid for enhanced nutty flavor and better texture.

Allow the salad to rest at room temperature for 15-20 minutes before serving to let the flavors develop and meld together.

Add fresh herbs just before serving to maintain their bright color and fresh flavor - adding them too early can cause wilting.

Taste and adjust seasoning just before serving, as the flavors will concentrate as the salad sits and may need rebalancing.