

# Mercimekli Bulgur Pilav?

Traditional Turkish bulgur pilaf with lentils. A hearty, vegan dish perfect as a side or main course. Easy to make with simple ingredients.

10	20	30	6	Medium
HAZIRLIK DK	Pİ?İRME DK	TOPLAM DK	PORSİYON	ZORLUK

Mercimekli Bulgur Pilav?

## Malzemeler

- 2 cup green lentil
- 3 cup cracked wheat
- 1 red onion
- 1 capia pepper
- 2 tbsp olive oil

## Yap?l???

- Prepare the lentils**

Place 1/2 cup green lentils in a medium saucepan and cover with cold water by 2 inches. Bring to a boil over high heat, then reduce to medium-low and simmer for 15-20 minutes until tender but still holding their shape. Drain and set aside.
- Prepare the vegetables**

Finely dice 1 large onion into 1/4-inch pieces. Dice 1 red bell pepper into 1/4-inch pieces, removing seeds and white ribs.
- Sauté the aromatics**

Heat 2 tablespoons olive oil in a heavy-bottomed medium pot over medium heat. Add the diced onion and cook for 5-7 minutes, stirring occasionally, until softened and golden brown.
- Add the diced red bell pepper to the pot and cook for 3-4 minutes, stirring frequently, until the pepper begins to soften and releases its moisture.**
- Add 1 1/2 cups medium bulgur wheat to the pot and stir constantly for 2-3 minutes until the grains are coated with oil and smell nutty and toasted.**
- Add liquid and seasonings**

Stir in the cooked lentils, then add 3 cups hot water or vegetable broth. Season with 1 teaspoon salt and 1/2 teaspoon black pepper, or to taste.
- Cook the pilaf**

Bring the mixture to a rolling boil over high heat, then immediately reduce heat to low. Cover tightly with a lid and simmer for 15-20 minutes until all liquid is absorbed and bulgur is tender.
- Rest and finish**

Remove from heat and place a clean kitchen towel between the pot and lid. Let rest for 10 minutes to allow steam to redistribute and

grains to become fluffy.

- 9 Remove the towel and fluff the pilaf gently with a fork, breaking up any clumps. Taste and adjust seasoning with additional salt and pepper if needed before serving warm.

## ?puçlar?

Always cook lentils separately first, as they require longer cooking time than bulgur. This ensures both ingredients have the perfect texture.

Toast the bulgur briefly in the oil before adding liquid. This step enhances the nutty flavor and helps prevent mushy grains.

Use medium or coarse bulgur for best results. Fine bulgur becomes too soft and loses its distinctive texture in this dish.

Let the onions caramelize properly - this step adds essential depth of flavor to the entire dish. Don't rush this process.

Always let the pilaf rest with a kitchen towel under the lid after cooking. This technique redistributes moisture for perfectly fluffy results.

Add vegetables like diced carrots, bell peppers, or green beans to increase nutrition and add color to your pilaf.

Season gradually and taste as you go. The saltiness can vary depending on whether you use broth or water as your cooking liquid.

For extra richness, stir in a pat of butter just before serving, or drizzle with high-quality olive oil.