thermomix

SALAD WITH CHICKEN, BURGUL AND POMEGRANATE

5 min.	55 min.	easy	4 portions

INGREDIENTS

1500 g water
3 tsp salt,
200 g bulgur
600 g chicken, fillet, cut into small strips
1 tsp grind black pepper
3-4 fresh onions, cut in quarters
1 apple, cut in quarters
3-4 sprigs parsley (leaves only)
2 sprigs mint (leaves only)
20 g extra virgin olive oil
30 g lemon juice
1 tsp mustard
1 tsp salt
200 g pomegranate, seeds
50 g raisins (optional)

PREPARATION

1. Place water into mixing bowl, add 1 tsp salt, place simmering basket into position and weigh in the bulgur. Transfer chicken strips into Varoma, marinate with 1 teaspoon salt and ½ teaspoon pepper. Place Varoma into position and steam **30 min/Varoma/speed 1**.
2. Remove Varoma and simmering basket and set aside for 15 minutes to cool down. Transfer bulgur in a deep serving bowl. Place onions, apple, parsley, mint, olive oil, lemon juice, mustard, 1 teaspoon salt and ½ teaspoon pepper into mixing bowl, chop **7 sec/speed 5** and transfer into deep serving bowl with bulgur. Add pomegranate seeds, raisins and mix gently with the aid of spatula. Serve immediately.

TIP

- Add dressing just before serving so the bulgur doesn't become mushy.