

Bulgur paella with seafood

Ingredients required for 4 persons

Preparation time 25 minutes

Difficulty medium

Ingredients

- 125 g bulgur
- 5 EL olive oil
- 500 g mixed seafood
- 3 red onions
- 1 clove of garlic
- fresh basil
- salt and pepper
- 1 EL lemon juice



Preparation

Wash bulgur in a sieve under running water and allow to drip. Bring to a boil with 250 ml salted water and cook for 7 minutes until the liquid has evaporated. Stir in one tablespoon of olive oil.

Cook seafood in boiling water for one minute and drain through a sieve. Cut onions into rings and mince the peeled garlic. Roughly chop the basil. Heat 4 tablespoons olive oil in a pan and sauté the bulgur for 8 minutes over moderate heat. Add seafood and garlic to the pan and fry for another 5 minutes. Season with lemon juice and garnish with basil.