



## Eitch/Kissir Relunched

Our best seller with walnuts

**Nutrition Facts Per Serving:** Calories 818, Protein 14g, Carbs 66g, Fat 56g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 0 min



## INGREDIENTS

Bulgur  
Molasses  
Lemon Juice  
Spring Onions  
Parsley, Mint Leaves

Extra Virgin Olive Oil  
Pomegranate Seeds  
Tomato Paste  
Chili Paste, Dry Basil  
Lettuce, Walnuts

# METHOD

1. Place bulgur in a large shallow dish, add Eitch Spice paste & hot water (85 ml for 2 persons, 170 ml for 4 persons and 255 ml for 6), stir well & knead by hand. Cover & leave on counter for 20 minutes.
2. If using lemon juice add 2 TBS, knead well & cover for 10 minutes.
3. Stir & knead again then add pomegranate molasses, & salt to taste, mix well.
4. Add oil & mix again to blend. Stand while preparing other ingredients.
5. Add all prepared ingredients to the bulgur mixture & toss to mix well.
6. Refrigerate until 15 minutes before serving.
7. Use a few lettuce leaves to line a large serving bowl, keep the rest on a side plate.
8. Taste the Eitch for lemon, salt & spiciness & adjust to taste (mix well after each addition)
9. Spoon the Eitch into the lined bowl, garnish as desired



**BON APPETIT**