

# Buġgar Majadra

This is the most delicious way to cook Bulgur wheat that is not only healthy but has so much flavour from the lentils and the onions.

Recipe from [Falastin, book by Sami Tamimi and Tara Wigley.](#)

## Ingredients

300g green lentils  
4 brown onions, thinly sliced  
2 tsp cornflour  
1 tsp salt  
sunflower/vegetable/rapeseed oil  
bulgar wheat  
1  $\frac{1}{2}$  tsp cumin seeds  
1  $\frac{1}{2}$  tbsp coriander seeds  
300g bulgar wheat  
 $\frac{1}{2}$  tsp ground cinnamon  
1 tsp ground allspice  
 $\frac{1}{2}$  tsp turmeric powder  
3 tbsp olive oil  
1 tsp salt  
 $\frac{1}{4}$  black pepper

## Method

- Add the green lentils and 1L of water to a pan. Let it rest for 30 minutes.
- Add the onions, cornflour, and salt to large bowl. Mix well.
- Add 1 cup of oil to a large hot pan. When the oil is hot, add the onion in batches and cook for 7-8 minutes until crispy and golden.
- Transfer to a sieve over a bowl to drain any excess oil.
- Add the pan of green lentils to the stove and bring to a

boil. Turn down the heat and simmer for 10-12 minutes.

- Drain the lentils and place in a bowl.
- In the same pan, add the cumin seeds and coriander seeds, and dry roast.
- Add the bulgar wheat, ground cinnamon, ground allspice, turmeric powder, salt, pepper, and olive oil. Mix well.
- Add 750ml water and the green lentils, and mix well. Cover, and cook for 15 minutes on low heat.
- Turn off the heat. Remove the lid, place a clean tea towel over the pan, and place the lid back on top to seal. Let it sit for 10 minutes.
- In a large bowl, combine the bulgar wheat and lentil mixture with half the crispy onions.
- Distribute the rest of the onions on top and serve!