



Burgul with vegetables

Ingredients

- 500 g Frozen Mix Veg (Pot, Cart, Peas)
- 1 tbsp Olive Oil
- 1 tbsp Tomato Paste
- 3 cups Burgul
- 4 cups water
- 2 cubes MAGGI® Vegetable Bouillon

Instruction

1. In a deep pan sauté vegetables in olive oil until soft, add tomato paste and cook for 2 minutes.
2. Add burgul and Maggi Vegetables Bouillon® and water, simmer over medium low heat for 30 minutes until stock is absorbed and burgul is tender.
3. Serve with salad or yogurt.

Nutrition

Carbohydrates	66.02 g
Energy	338.11 kcal
Fats	4.29 g
Protein	13.43 g

⌚ 40 Minutes

⊕ 6