

Bulgur Pilavi (Tomato Bulgur Pilaf)

Turkish · Side Dish · Easy · 30 min total · Serves 4

Bulgur pilavi is a humble, tomato-scented Turkish pilaf: coarse bulgur cooked with onion, green pepper and tomato in olive oil and butter. Cheap, quick and filling, it sits beside kebabs and kuru fasulye.

Ingredients

- 1 cup coarse bulgur (#3 pilavlik bulgur; rinsed briefly and drained)
- 2 tbsp olive oil
- 1 tbsp butter
- 1 small onion (finely chopped)
- 1 small green bell pepper (finely chopped)
- 1 tbsp tomato paste
- 1 medium tomato (grated, skin discarded)
- 0.5 tsp pul biber (or a pinch of sweet paprika)
- 2 cup hot water (or hot stock)
- 1 tsp salt
- 2 tbsp flat-leaf parsley (finely chopped)

Method

1. Heat the olive oil and butter in a medium saucepan over medium heat and cook the onion for 5 to 6 minutes until soft and translucent but not browned, then add the chopped pepper and cook 3 minutes more.
2. Stir in the tomato paste and pul biber for 1 minute until the paste turns brick-red, then add the grated tomato and cook 3 to 4 minutes until it has thickened into a jam.
3. Add the drained bulgur and stir for 2 minutes until every grain is coated in the tomato mixture and smells toasty.
4. Pour in the hot water or stock with the salt, bring to a boil, stir once, then cover, reduce to the lowest heat and simmer for 12 to 15 minutes until the liquid is absorbed and the bulgur is tender with small holes on the surface.
5. Take the pan off the heat and keep it covered for 10 minutes so the bulgur finishes steaming.
6. Fluff the bulgur with a fork, stir in the parsley and serve hot.

Generated by My Royal Chef AI - myroyalchef.com - 2026-10-13