



Bulgur Boigers

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 3:

50g bulgur wheat
125g lean lamb mince
Small red onion
1 small carrot
100ml veggie stock
1 beaten egg
Some olive oil
Fresh or dried mint

Instructions

- 1) Pour the hot veggie stock over the bulgur wheat in a bowl and set aside.
- 2) Chop the carrot and onion up really fine.
- 3) Once the wheat has soaked up all the stock, mix in the lamb, veg and mint.
- 4) Season and mix in half the beaten egg.
- 5) Get your hands in and make three boiger shapes.
- 6) Add olive oil to a hot pan and slap on the boigers; fry for a few minutes on each side until cooked through.
- 7) Serve on toasted deli buns and a side salad.