



TURKISH KISIR

with Seared Paneer, Roasted Red Peppers and Tomato Salad

VEGGIE



HELLO KISIR

A Turkish bulgur salad, similar to tabbouleh

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 907



Paneer



Parsley



Mint



Red Bell Pepper



Tomato



Green Onions



Lemon



Bulgur Wheat



Tomato Paste



Turkish Spice Blend

BUST OUT

- Large Non-Stick Pan
- Large Bowl
- Measuring Cups
- Measuring Spoons
- Medium Pot
- Salt
- Zester
- Pepper
- Baking Sheet
- Olive or Canola oil
- Medium Bowl

INGREDIENTS

2-person | 4-person

• Paneer 2	1 pkg (340 g)		2 pkg (680 g)
• Parsley	1 pkg (10 g)		1 pkg (10 g)
• Mint	1 pkg (10 g)		1 pkg (10 g)
• Red Bell Pepper	230 g		460 g
• Tomato	300 g		600 g
• Green Onions	2		4
• Lemon	1		2
• Bulgur Wheat 1	1 pkg (113 g)		2 pkg (227 g)
• Tomato Paste	1 pkg (2 tbsp)		2 pkg (4 tbsp)
• Turkish Spice Blend	1 pkg (1 tbsp)		2 pkg (2 tbsp)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

0 Seafood/Fruit de Mer	5 Tree Nut/Noix
1 Wheat/Blé	6 Mustard/Moutarde
2 Milk/Lait	7 Peanut/Cacahuète
3 Egg/Oeuf	8 Sesame/Sésame
4 Soy/Soja	9 Sulphites/Sulfites

START STRONG

Preheat the broiler to **high** (to roast the red bell peppers).



1 PREP Wash and dry all produce. In a medium pot, bring **1 cup salted water** (double for 4 people) to a boil. Slice the **paneer** into ½-inch slices. Roughly chop the **parsley**. Core and cut the **bell pepper(s)** into ½-inch cubes. Cut the **tomato(es)** into ½-inch cubes. Thinly slice the **green onions**. Zest, then juice the **lemon(s)**.



4 SEAR PANEER Meanwhile, in a medium bowl, mix the **remaining spice blend** with a drizzle of **oil** – just enough to make the mixture runny. Add the **paneer slices** and coat all over. Heat a large non-stick pan over medium heat. Add the paneer to the dry pan. (Keep any **remaining spiced oil** in the bowl – we'll use it later.) Cook until golden-brown, 2-3 min per side.



2 ROAST PEPPERS Toss the **bell peppers** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Broil in the centre of the oven, stirring halfway through cooking, until tender and golden-brown, 6-7 min.



5 ASSEMBLE SALAD In a large bowl, combine the **parsley, tomatoes, green onions, lemon zest** and **1 tbsp lemon juice** (double for 4 people) with a drizzle of **oil**. Season with **salt** and **pepper**.



3 COOK BULGUR Meanwhile, add the **bulgur, tomato paste** and **half the spice blend** to the boiling water. Stir to combine, then remove from heat. Cover and let stand until the bulgur is tender and all the water has been absorbed, 15-16 min.



6 FINISH AND SERVE Stir the **roasted peppers** and any **remaining spiced oil** into the bulgur and divide between plates. Top with the **tomato salad** and **paneer**. Tear over some **mint leaves**.

DELICIOUS!

Pan-frying the paneer to golden-brown perfection adds smoky flavour.