

Eetch (Armenian Bulgur & Tomato Salad)

Vegan • Serves 4–6 • ~25 minutes (plus 10 minutes resting) • Sweden-friendly



Photo: courtesy of Lambros

Ingredients

- 200 g fine bulgur (or 'mellan' bulgur; couscous works in a pinch, but bulgur is best)
- 350 ml boiling water (or hot vegetable stock)
- 2 tbsp tomato paste
- 250 g tomatoes, finely diced (fresh or drained canned)
- 1 small cucumber, finely diced (optional but great)
- 1 small red onion or 3 spring onions, finely chopped
- 1 red bell pepper, finely diced (optional)
- 1 small bunch parsley, chopped
- A handful of mint, chopped (fresh or 1–2 tsp dried)
- 60 ml olive oil
- 2–3 tbsp lemon juice (to taste)
- 1 tsp sweet paprika (optional)
- Salt and black pepper
- Optional heat: 1/2 tsp chilli flakes or a pinch of cayenne

Steps

- 1 **Hydrate bulgur:** Put bulgur in a large bowl. Stir tomato paste into the boiling water, pour over bulgur, cover and rest 10 minutes.
- 2 **Fluff:** Uncover and fluff with a fork. Let it cool a little so herbs stay bright.
- 3 **Mix:** Add tomatoes, onion, cucumber/pepper (if using), parsley and mint.
- 4 **Dress:** Stir in olive oil and lemon juice. Season with salt, pepper (and paprika/chilli if using).
- 5 **Rest:** Taste and adjust acidity/salt. Rest 10 minutes so flavours meld.

Serve

- As a salad with lettuce leaves, pita, or flatbread
- Alongside grilled meat/fish or roasted vegetables
- Great as lunch the next day (keeps ~2 days chilled)

Notes

- If you only find **coarse bulgur**, use slightly more hot water and rest longer (15–20 minutes).
- For a deeper red colour, add 1 extra tbsp tomato paste or a drizzle more olive oil.