



Bulgur & spinach fritters with eggs & tomato chutney



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g bulgur wheat
- ☐ 250 g pkt spinach
- ☐ 2 tsp ground cumin
- ☐ 1 onion finely chopped for the chutney (reserve 2 tbsp)
- ☐ 1 garlic clove chopped
- ☐ 85 g breadcrumb fresh
- ☐ 5 eggs beaten

- ☐ 1 tbsp vegetable oil
- ☐ 5 tbsp sugar
- ☐ 50 ml citrus champagne vinegar
- ☐ 2 tbsp onion finely chopped (see above)
- ☐ 250 g cherry tomatoes halved quartered
- ☐ 1 leaves salad to serve

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ colander

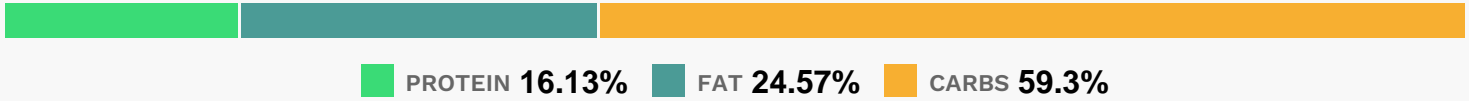
Directions

- ☐ First make the chutney. In a small saucepan, heat the sugar, vinegar and some salt. Boil for 1 min, then add the onion and tomatoes. Simmer for 1 min, then remove from the heat and set aside.
- ☐ Boil the bulgur wheat in plenty of water until tender about 5 mins.
- ☐ Drain well and tip into a bowl.
- ☐ Put the spinach in a colander and pour over boiling water from the kettle to wilt. Cool under the cold tap, then squeeze out as much water as you can. Chop and add to the bulgur with the cumin, onion, garlic and breadcrumbs. Tip half into a food processor and blitz until it forms a chunky paste. Return to the remaining half with the beaten egg and some seasoning.
- ☐ Mix together, then shape into 8 patties and chill until ready to cook.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat the oil in a wide frying pan, preferably non-stick, and fry the fritters in two batches until crisp on both sides. Meanwhile, lightly oil a 4-hole Yorkshire pudding tin and put in the oven

to warm up for a few mins.

- ☐
- Remove and carefully crack the remaining eggs into the holes, then bake for 3–4 mins until done to your liking. Use the tip of a knife to help lift out the eggs, then serve with the fritters, chutney and some salad leaves.

Nutrition Facts



Properties

Glycemic Index:59.52, Glycemic Load:18.28, Inflammation Score:-10, Nutrition Score:32.243912945623%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Isorhamnetin: 1.63mg Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg

Nutrients (% of daily need)

Calories: 381.83kcal (19.09%), Fat: 10.71g (16.48%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 58.14g (19.38%), Net Carbohydrates: 50.13g (18.23%), Sugar: 19.82g (22.02%), Cholesterol: 204.6mg (68.2%), Sodium: 298.48mg (12.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Vitamin K: 312.12µg (297.25%), Vitamin A: 6481.76IU (129.64%), Manganese: 1.69mg (84.68%), Folate: 191.1µg (47.78%), Vitamin C: 34.65mg (42%), Selenium: 24.16µg (34.52%), Fiber: 8.02g (32.07%), Iron: 5.53mg (30.74%), Vitamin B2: 0.51mg (30.2%), Magnesium: 119.37mg (29.84%), Phosphorus: 283.76mg (28.38%), Vitamin B1: 0.38mg (25.3%), Potassium: 779.04mg (22.26%), Vitamin B6: 0.43mg (21.44%), Vitamin B3: 3.6mg (18.02%), Vitamin E: 2.55mg (16.98%), Calcium: 166.27mg (16.63%), Copper: 0.33mg (16.58%), Vitamin B5: 1.39mg (13.88%), Zinc: 2.04mg (13.58%), Vitamin B12: 0.56µg (9.4%), Vitamin D: 1.1µg (7.33%)