TURKISH · LUNCH · SNACK

Mercimek Köftesi (Turkish Red Lentil and Bulgur Köfte)

70 min · Serves 4 · 537 kcal a serve · Video 6:46 · Turkish Food Travel

Vegan · No nuts listed

Red lentils and wholegrain bulgur give each serve about 12 g of fibre and 16 g of plant protein, and it is rich in folate and iron. The fat is olive oil and there is no added sugar.

Diet notes: Low saturated fat (4.3 g, 7% of the energy).

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Ingredients 16 · SERVES 4

- [ ] 1 cup **red lentils**, washed and drained
- [ ] **Salt**: a good pinch of salt, for cooking the lentils
- [ ] 1 cup fine (köftelik) bulgur wheat
- [ ] 1 big **onion**, finely chopped
- [ ] 5–6 tbsp **olive oil**, for the sauce
- [ ] scant 1 tbsp **tomato paste**
- [ ] scant 1 tbsp **Turkish red pepper paste** (biber salçası)
- [ ] 1 tsp **hot paprika**
- [ ] 1 tsp **salt**, or to taste
- [ ] 2 tsp **ground cumin**
- [ ] ¼ cup **water**, for the sauce
- [ ] 3–4 tbsp more **olive oil**, kneaded in at the end
- [ ] ⅓ bunch **flat-leaf parsley**, finely chopped
- [ ] 5–6 **thin spring onions**, finely chopped (optional)
- [ ] **fresh lettuce leaves**, to serve
- [ ] 1 **lemon**, cut into wedges, to serve

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the red lentils, cover with 2½ cups water and a pinch of salt, and simmer with the lid on for about 20 minutes until they collapse into a thick, mushy purée. 0:34
2. Turn off the heat, stir the fine bulgur into the hot lentils, cover and leave for about 30 minutes so the bulgur soaks up all the liquid. 1:09
3. Meanwhile, fry the finely chopped onion in 5–6 tbsp olive oil for 4–5 minutes until lightly coloured. Stir in the tomato paste and red pepper paste and cook 3–4 minutes on medium-low heat. 1:45
4. Add the paprika, cumin and salt, pour in ¼ cup water and simmer for a minute or two. 2:16
5. Tip the sauce into the lentil–bulgur mixture and knead well by hand until it feels like thick wet sand. Add a splash of hot water if it is dry, and taste for salt. 3:12
6. Knead in 3–4 tbsp more olive oil, then fold in the parsley and the spring onions, if using. 4:47
7. With damp hands, squeeze small handfuls into long oval köfte. Serve with crisp lettuce leaves and lemon wedges for wrapping and squeezing. 5:14

> **Tip** Serves 4 as a light lunch (our estimate; the video gives no serves). Keeps 3 days in the fridge, so it is good for lunchboxes. Bulgur is wheat, so this is not gluten-free.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
537 kcal	**16** g	**53** g	**12** g	**32** g	**680** mg
2,250 kJ	32% of a day	41 g net · 6.1 g sugars	43% of a day	4.3 g saturated	29% of a day
		19% of a day		40% of a day	

Energy from net carbs 32% · protein 12% · fat 56%

High in (20%+ of a day) Vitamin K 110% · Folate 69% · Iron 35% · Vitamin E 34% · Vitamin B6 23% · Magnesium 22% · Zinc 22% · Vitamin A 22% · Vitamin C 21%

Source of (10–19%) Omega-3 19% · Potassium 16%

Recipe and video: Turkish Food Travel (@TFT) on YouTube — youtube.com/watch?v=vqyOR4-MVH8, published 14 November 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mercimek-koftesi-lentil-bulgur-kofte