

BOILED CHICKEN WITH BULGUR

Ingredients

A kilo and a half chicken thighs

an onion

carrot

lemon peel

cinnamon

halo

bay leaf

clove

dry lemon

2 liters of water

2 teaspoons salt

bulgur:

2.5 cups bulgur

Half a cup of vermicelli

5 cups of chicken broth (liter)

Sauteed vegetables:

Broccoli

Carrots

zucchini

Directions

To boil the chicken: In a bowl, put a tablespoon of fat, then add the spices, roast the spices a little, then add the chicken pieces and fry them a little, then add the hot water and leave them until boiling, then close the pot and leave them until the level, and after leveling add the salt and leave them on A little slow fire.

To prepare the bulgur: In a bowl we put a tablespoon of ghee, then the vermicelli and we roast the vermicelli, then add the bulgur, and we roast it with the vermicelli, and then we add chicken broth to them, close the pot and leave them until they are level.

C H E F O M A R

Bon Apetit!