

# PARASHA RECIPES

PARASHAT MIKETZ

פרשת מקץ

WHEAT PLAYS A BIG PART IN THIS WEEK'S PARSHA. WE LEARN ABOUT JOSEPH'S DREAM ABOUT THE PILES OF WHEAT. SO FOR THIS WEEK'S PARSHA RECIPE, A BULGUR SALAD.

## BULGUR SALAD

- 2 CUPS OF BULGUR
- 6 CUCUMBERS CUT INTO SMALL CUBES
- 1 RED ONION CUT INTO SMALL CUBES
- 1 PACKAGE OF PARSLEY CHOPPED
- ½ CUP OF VEGAN CREAM
- ¾ CUP OF SUGAR

SOAK THE BULGUR IN 2 CUPS OF HOT WATER FOR 30 MINUTES, THEN LET IT COOL OFF. DRAIN THE WATER FROM THE BULGUR AND MOVE IT TO A CLEAN BOWL. COMBINE ALL THE INGREDIENTS AND MIX. THE FLAVOUR OF THIS SALAD DEVELOPS AND BECOMES RICHER IF LEFT FOR A DAY, REFRIGERATED.

BON APPETIT- בתאבון!