

How I Make the Internet's Favorite Bulgur Salad with a Mediterranean Twist

Here's exactly how I make it and what I love most about this viral favorite.



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20 min

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INGREDIENTS

1 cup bulgur wheat (uncooked)
2 cups water
1 can chickpeas, rinsed and drained
1/2 cup chopped cucumber
1/2 cup crumbled feta cheese
1/4 cup chopped red onion
1/4 cup chopped fresh parsley
1/4 cup chopped fresh mint
1/4 cup chopped pistachios (optional but adds great crunch)
Juice of 1 lemon
2 tablespoons olive oil
Salt and pepper to taste

DIRECTIONS

- 1.** Step 1: Cook the BulgurI bring 2 cups of water to a boil in a saucepan, then stir in 1 cup of bulgur wheat. I cover the pot, reduce the heat, and simmer for about 12 minutes or until the water is absorbed and the bulgur is tender. Then I fluff it with a fork and let it cool.
- 2.** Step 2: Chop the Veggies and HerbsWhile the bulgur cools, I dice the cucumber and red onion and finely chop the parsley and mint. I also rinse and drain the chickpeas and crumble the feta if I'm not using pre-crumbed.
- 3.** Step 3: Combine EverythingOnce the bulgur is room temperature, I combine it in a large bowl with the chickpeas, cucumber, red onion, herbs, feta, and pistachios. I give it a gentle toss to mix everything together.
- 4.** Step 4: Dress the SaladI drizzle the olive oil and lemon juice over the top, season with salt and pepper, and toss again to coat everything evenly. Taste and adjust the seasoning if needed.
- 5.** Step 5: Chill or ServeYou can eat it right away, but it's even better after it sits for 30 minutes or more in the fridge. It gives the flavors time to meld and the bulgur time to absorb the dressing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/how-i-make-the-internets-favorite-bulgur-salad-with-a-mediterranean-twist/>