



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

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## Bulgur Balls with Potato

Patatesli Bulgur Köftesi



1 cup bulgur, tiny type  
6 medium size potatoes  
8 green onions  
15-20 stems of parsley  
4 garlic cloves  
1 tbsp pepper paste  
4 tbsp olive oil  
Juice of a lemon  
1 tsp cumin  
1 tsp black pepper  
1 tsp salt

- # Put the bulgur into a deep bowl. Add 1 cup warm water on it. Rest it for about 10-15 minutes to make the bulgur grow up.
- # Peel the boiled potatoes while they are hot or tepid yet. Mash them to turn into puree.
- # Add pepper paste and mashed potatoes onto the grown bulgur in the bowl. Knead the mixture, until it smoothens.
- # Add finely sliced parsley, green onion, crushed garlic, lemon juice, olive oil, black pepper and salt into the mixture. Knead it for a while.
- # Pick pieces from the mixture and shape them however you want.
- # Place the bulgur balls with potato onto the service plate and serve them.

**Note:** If you don't want the balls become bitter, you should not add black pepper in it, and you should use tomato paste instead of pepper paste.