

PANDA GARDEN

- 280g centrifuged fruit & vegetable residues (2 carrots, 1 apple, a few broccoli and celery leaves, 1 leaves)
- 300g bulgur
- Greens
- 1 chili pepper
- 1 spoon turmeric
- 1 leek (green part)
- A few parsley leaves
- External leaves of a winter *radicchio*
- 1 red onion
- 1 spoon raisins
- 160g red lentils, already boiled
- Extravergine olive oil
- Salt

When you prepare a centrifuged fruit and vegetable juice, always remember to keep the residual pulp, to use as an ingredient to accompany a fantastic bulgur.

Cook the bulgur in boiling water (1 vol. bulgur to 2½ vols. water). Cover with a lid and wait for around 10 minutes. In the meantime, finely slice the green part of a leek and sweat in a pan with extravergine olive oil.

Add the centrifuge residues and season with a spoon of turmeric. Now take the other kitchen garden ingredients: parsley leaves, a red onion, the external leaves of a winter *radicchio*, a piece of lemon rind and a chili pepper.

Coarsely chop all these ingredients and put in a bowl together with the sautéed pulp and the cooked bulgur. Complete by adding the lentils and a spoon of raisins and then serve in two identical glasses, one with the centrifuged juice, the other with the bulgur mix.

Lisa Casali is an environmental scientist and expert on eco-sustainable cooking and the author of "TUTTO FA BRODO. Dagli scarti alle scorte: la mia rivoluzione in cucina" (Mondadori).