

Pre-cooked, just reheat.



PREMIUM QUALITY

Bulgur

Ready to eat in four delicious varieties.



MIDOL 



www.midol.nl

Discover the Delicious and Nutritious World of Bulgur, by Midol!

Bulgur, a vibrant yellow whole wheat product, is an essential ingredient in Middle Eastern cuisine and is rapidly gaining popularity worldwide. Sourced from the rich lands of Anatolia, it stands as one of the earliest processed foods, boasting exceptional nutritional value and natural resistance to pests.



Bulgur Natural

Pure bulgur goodness, perfect base for a variety of dishes.



Bulgur Lentils

Packed with protein-rich lentils, providing a hearty, and satisfying meal option. depth to your recipes.

Choose from our four different versions.

Bulgur Tomato Onion

Infused with the rich flavours of tomato and onion, adding depth to your recipes.



Bulgur Vegetables

Bursting with a colourful array of vegetables, enhancing both taste and nutrition. depth to your recipes.



Why Bulgur?

- ✓ *Delightful Taste:* Bulgur offers a delightful taste that enhances any dish it accompanies, making every meal a culinary delight.
- ✓ *Health Benefits:* Packed with minerals, fiber, protein and vitamins, Bulgur promotes better nutrient absorption and contributes to a balanced diet.
- ✓ *Versatile Usage:* From salads to soups, from pilafs to stews, Bulgur adds depth, texture, and nutrition to a wide range of dishes, elevating their flavour and nutritional profile.
- ✓ *Easy Preparation:* With its increasing acceptance and simple preparation methods, Bulgur is the ideal choice for busy individuals and professional chefs alike, saving time without compromising on quality.



Add Bulgur to your menu today and experience the perfect blend of taste, health, and convenience. Let Bulgur elevate your culinary creations to new heights of flavour and nutrition!



Midol can also produce various bulgur flavours and variations upon request, catering to your preferences and culinary needs.

Join the Bulgur Revolution!

Benefits

High fiber content

Rich in protein

Nutrient-dense

Low glycemic index

Versatile ingredient

Quick and easy
to prepare

Long shelf life

Midol is delighted to introduce this exceptional product, now accessible to all. Our traditionally prepared bulgur is presented in a convenient frozen format. Once thawed, this product serves as an ideal foundation for culinary creativity or can be directly utilized as a nutritious alternative to rice, bread, or pasta. Discover the ease and flexibility of Midol's bulgur for all your cooking needs!

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