



Ingredients (for 2 servings)

450 ml Greek or Turkish yoghurt, 250 ml cold water (I used soda water, but normal is fine), 1 can chickpeas, drained, for the quick version or a cup of dried chickpeas for the long one, 6 tbsp bulgur, 4 tbsp wheat grains (only for the long version, replace by equivalent amount of bulgur for the quick one), about 2 tbsp chopped mint, salt and chili flakes to taste

How to

Skip to next paragraph if making the quick version! Soak dry chickpeas and wheat overnight, cook separately for about 1 hour, until soft, drain and leave to cool.

Pour boiling water, about 100-200 ml (depends on the bulgur type and quantity you use), cover and let it soak for 10 minutes. Leave to cool down to room temperature.

Vigorously stir the yoghurt with cold water, mint and salt. Add chickpeas and bulgur, and wheat if using. Serve with a pinch of chili flakes.