



# TABOULI

## INGREDIENTS

2 bunches flat-leaf parsley, rinsed and dried thoroughly	a lemon's juice
500g firm tomatoes	2 tablespoons EV olive oil
1 tbs fine burghul	½ teaspoon sea salt
2 spring onions	pinch black pepper
	pinch mixed spice (baharat)
	pinch tabouli spice
	pinch dried mint

## METHOD

Rinse and dice the tomatoes (5cm cubes). Add the burghul, allowing it time to soak up any liquid.

Rinse and then chop the spring onions, green and white parts, and add to the tomatoes and burghul. Season with salt and pepper and work in the spices.

Finely chop the parsley (leaves and thin stems only) and add to the other salad ingredients.

Add the lemon juice and olive oil and combine well.