



Tabouleh

Serves	4 – 6 as a side
Prep Time	15 – 20 minutes (plus soaking time)
Cooking Time	0 mins



Ingredients

- ½ cup bourghul
- Large bunch flat-leaf parsley
- ¼ bunch mint
- 3 spring onions (as much green as possible)
- 4 or 5 large, very ripe tomatoes.
- 2 tbsps olive oil
- 1 tbspn lemon juice
- Salt and white pepper

Method

1. Put the bourghul in a bowl and cover with about 1 ½ cups boiling water – leave to soak for about 20 minutes.
2. Wash and finely chop herbs (doesn't matter if you get a few fine parsley stalks in)
3. Wash and slice spring onions.
4. Chop the tomatoes into bite size chunks.
5. Drain the bourghul (make sure it's cool) and squeeze out as much moisture as possible.
6. Combine the bourghul, herbs, spring onion and bourghul in a large bowl.
7. Combine olive oil and lemon juice, pour over tabbouleh. Generously season with salt, then grind in some white pepper. Mix well to combine.
8. Taste! You may wish to add more oil, lemon, salt or pepper.
9. At serving time drain the liquid if there is too much.



Serving Suggestions

- Serve with lamb or beef koftas, or meat skewers, pita pockets, and some Lebanese dips – like tzatziki, hummus or baba ghanoush.
- Great side to have with a bbq

Recipe Tips:

- The longer you leave it to sit the more the flavours will develop!
- Leftovers make a great lunch.