



FAST. EASY. FRESH.

TABBOULEH WITH MINT, TOMATOES, AND CHICKPEAS

1. Combine the **bulgur, vegetable bouillon**, 1 ½ cups water, and 1 tsp. **sea salt** in a small pot and bring to a boil. Reduce the heat to low, cover, and let simmer for 12-14 minutes, or until moisture is absorbed and the bulgur is cooked. Strain any remaining liquid, and spread the cooked bulgur out on a sheet. Place into the freezer to cool down for about 5 minutes.

2. Meanwhile, peel and finely dice the **red onion**. Chop the **parsley** and thinly slice the **mint leaves**. Cut each of the **cherry tomatoes** in half. Drain and rinse your **chickpeas**.

3. Once the bulgur has cooled down, place it in a large bowl and add your **red onion, parsley, mint, tomatoes**, half to the full amount of **chickpeas, olive oil**, and **lemon juice**.

4. Toss the ingredients to mix. Adjust the seasoning to your liking with **sea salt** and **black pepper**.

5. To serve, portion the tabbouleh into bowls and enjoy!



Ingredients (2 Person Serving – 610 Calories Per Serving)

Red Onion	1 Small	Lemon Juice	2 ½ Tbsp.
Parsley	Medium Bunch	Bulgur	¾ Cup
Fresh Mint	25 Leaves	Vegetable Bouillon	1 ½ tsp.
Cherry Tomatoes	10	Sea Salt	1 tsp.
Chickpeas	1 540 ml Can	Salt and Pepper	To Taste
Olive Oil	3 Tbsp.		

25

Minute
Cook
Time!