



Lebanese tabouli salad

Equipment

- Mixing bowls
- Chopping boards
- Chef knives

What to do

Step 1

Place the couscous in a heatproof bowl and pour boiling water over it to cover by approximately 2cm. Cover the bowl with plastic wrap and set aside.

Ingredients

- 250g dried couscous
- 2 tablespoons olive oil
- 2 roma tomatoes, seeded and chopped
- 2 tbsp chopped mint
- 1 cup chopped parsley
- 2 green onions, sliced
- 2 tbsp sultanas
- 2 tbsp lemon juice
- salt and black pepper

Step 2

After 5 minutes uncover the couscous and add the oil and garlic, using a fork to break up the grains. Cool to room temperature.

Step 3

Then fold through the tomato, mint, parsley, green onions, lemon juice, salt and pepper. Serve.

From The Garden

- Parsley
- Mint
- Lemon