



TABBOULEH



INGREDIENTS

SERVES 6

- 1 cup #1 fine bulgur
OR for gluten free option use 1 cup uncooked quinoa
- 3 to 4 bunches curly parsley - yield approx. 3 cups finely chopped
- Handful fresh mint leaves (optional), finely chopped
- 3 spring onions, finely chopped OR 1 white onion, finely chopped
- 2 medium firm tomatoes, small dice
- 1 small cucumber, small dice
- 1 large lemon, juiced - yield approx. 3 tbsp
- 1/4 cup olive oil
- Salt and pepper

FROM THE GARDEN

- Curly parsley
- Mint
- Lemon
- Cucumber
- Tomato

EQUIPMENT

- Chopping boards
- Knives
- Mixing bowls

INSTRUCTIONS

1. Put the bulgur in a bowl and add water but only just enough to cover the bulgur (it will double in size). Let it stand for at least 20 minutes.
2. Meanwhile, combine the cucumber and tomato in a medium bowl, and stir through 1/2 teaspoon of salt. Let the mixture rest for at least 10 minutes - leave until you are ready to add it to the parsley mix.
3. To prepare the parsley, cut off the thick stems and discard. Then, finely chop the parsley and remaining stems, and put into a large bowl. *An option is to use a food processor with the standard "S" blade to finely chop the parsley.*
4. Add the cooled bulgur, mint and spring onion to the large bowl of parsley.
5. Strain off and set aside the cucumber and tomato juice that has accumulated in the bottom of the bowl. Then add strained cucumber and tomato to the parsley mix.
6. In a small bowl, whisk together olive oil, lemon juice and a little of the cucumber/tomato juice. Pour over the salad and stir to combine.
7. If you have the time, let the salad rest for 10 minutes before serving to let the flavors mingle.

Tabbouleh will keep well in the fridge, covered, for up to 4 days.