

Tabouli Salad

Serves 8



Tabouli Salad

Ingredients

- 1 cup bulgar wheat cracked
- ¼ cup extra virgin NZ olive oil
- ¼ cup lemon juice - freshly squeezed
- 1 clove garlic
- ½ cup fresh mint chopped
- ½ cup parsley chopped
- 3 tomatoes diced
- ¼ cucumber de-seeded
- Big pinch of pepper
- Pinch of salt (optional)

Method

1. Put the bulgar wheat in a medium bowl and sprinkle with salt
2. Add 1 ½ cups boiling water, cover, and let sit 20 minutes
3. Meanwhile chop the garlic finely then add to olive oil and lemon juice
4. Chop mint and parsley leaves finely
5. Dice tomatoes
6. Peel, de-seed then dice cucumber
7. Drain bulgar wheat if necessary
8. Pour dressing over the bulgar wheat and toss to combine well
9. Add parsley, mint, tomatoes and cucumber and stir to combine
10. Serve immediately or cover and chill until ready to serve.