

Tabouleh

Equipment

Large Bowl

Chopping board

Knife

Lemon juicer

Measuring spoons

Ingredients

3 Tomatoes

4 large handfuls of parsley

1 large handful of mint

4 spring onions

2 tablespoons fine burghul

2 Lebanese cucumbers

1 Lemon

2-3 tablespoons extra virgin olive oil

Method

1. Wash the parsley and dry gently on a tea towel or salad spinner. Do the same with the mint plucking the leaves from the stems.
2. Roughly chop the parsley and mint.
3. Peel outer leaves of the spring onion and slice into small pieces.
4. Chop the tomatoes.
5. In a large bowl, combine the parsley, mint, spring onions.
6. Add the tomatoes to the bowl and sprinkle the burghul over the tomatoes.
7. Cut the cucumber in half long ways and then slice into long slices.
8. Put the cucumber on top of the burghul in the bowl.
9. Juice the lemon and then pour the lemon and the olive oil over the salad.

10. Just before serving toss all ingredients together.