



## TABOULEH



### INGREDIENTS

100g bulgur **wheat**

150ml hot water

$\frac{1}{2}$  vegetable **stock** cube

1 red onion - finely chopped

3 tomatoes - deseeded and chopped

1 tablespoon freshly chopped parsley

1 tablespoon freshly chopped mint

black pepper

30ml lemon juice

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### EQUIPMENT

mixing bowl, jug, fork, cling film or a plate,  
chopping board, sharp knife, tablespoon,  
dessertspoon, serving dish

**SERVES:** 4

**PREP TIME:** 20 minutes

**COOK TIME:** —

**ALLERGENS:** Cereals containing gluten  
mustard, celery

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### METHOD

- 1** Place the bulgur wheat in the mixing bowl. Measure the boiling water, add the stock cube and stir to dissolve.
- 2** Pour the stock over the bulgur wheat, stir with a fork and then cover and leave for 25 minutes. Then, uncover the bowl drain excess liquid and then fluff up the wheat with a fork.
- 3** Stir in the prepared vegetables, herbs, pepper and lemon juice and mix together.
- 4** Serve the tabouleh with a mezze of different dishes such as flatbreads, houmous and falafels.



## TABOULEH



### CYNHWYSION

100g **gwenith** bulgur

150ml dŵr poeth

$\frac{1}{2}$  ciwb **stoc** llysiau

1 nionyn coch – wedi'i dorri'n fân

3 tomato - wedi tynnu'r hadau a'u torri

2 llwy fwrdd o bersli ffres wedi'i dorri'n fân

1 llwy ffwrdd mint wedi'i dorri

pupur du

30ml sudd lemwn

### OFFER

powlen gymysgu, jwg, fforc,  
plastig lapio bwyd neu blât, bwrdd torri,  
cyllell finiog, llwy fwrdd, llwy bwdin, dysgl weini

**DIGON I:** 4

**AMSER PARATOI:** 20 munud

**AMSER COGINIO:** —

**ALLERGEDD:** grawnfwydydd sy'n  
cynnwys glwten,  
mwstard, seleri

### DULL

- 1** Rhowch y gwenith bulgur mewn powlen. Rhowch y stoc mewn 150ml o ddŵr poeth a'i droi tan iddo doddi.
- 2** Tywalltwch y stoc dros y bulgur, cymysgwch gyda fforc, rhowch y plastig lapio dros y bowlen a'i adael am 25 munud. Os nad yw'r gwenith wedi amsugno'r dŵr i gyd, draeniwch o ac yna'i gymysgu gyda fforc.
- 3** Ychwanegwch y llysiau, perlysiâu, pupur du a'r sudd lemwn at y bulgur a'u cymysgu i mewn.
- 4** Gweinwch y tabouleh gydag amrywiaeth o wahanol bethau fel bara fflat, hwmws a falafels.