



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

1 teaspoon dried parsley

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: 25 minutes

ALLERGENS: cereals containing gluten,
mustard, celery

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.