

## ***Tabboule (Wheat and Parsley Salad)***



### **INGREDIENTS**

1. 3/4 cup fine *burghol* (bulgur) wheat
2. 2 cups cold water
3. 2 cups chopped parsley
4. 1/2 cup finely chopped spring onions
5. 1/4 cup finely chopped mint
6. 1/4 cup olive oil
7. 2 tablespoons lemon juice
8. 1 <sup>1/2</sup> teaspoons salt
9. 1/2 teaspoon freshly ground black pepper
10. 2 firm, ripe tomatoes
11. Crisp lettuce leaves
12. 1/4 cup lemon juice, mixed with 1/2 teaspoon salt

### **Method:**

1. Place wheat in a bowl and cover with the cold water.
2. Leave to soak for 30 minutes.
3. Drain through a fine sieve, pressing with back of a spoon to extract moisture. Spread onto a cloth and leave to further dry.
4. Meanwhile, prepare parsley. Wash well, shake off excess moisture, and remove thick stalks. Wrap in a tea towel to dry and place in refrigerator to keep crisp.
5. Put wheat into a mixing bowl and add spring onions. Squeeze mixture with hands so that wheat absorbs onion flavor.
6. Chop parsley fairly coarsely, measure, and add to the wheat with mint.
7. Mix olive oil with lemon juice and stir in salt and pepper. Add to salad and toss well.
8. Peel, seed, and dice tomatoes. Gently stir into salad. Cover and chill for at least 1 hour before serving.
9. Serve in salad bowl lined with crisp lettuce leaves. Lemon juice and salt mixture is served in a bottle so that it may be added according to individual taste.