Salads / Lebanon

Tabbouleh



A parsley salad with a little bulgur in it, not the other way round. There is ten times more herb than grain.

Time 25 min **Servings** 4

What you'll need.

- ☐ 200 g Flat-leaf parsley — three large bunches
- ☐ 40 g Fine bulgur
- ☐ 4 piece Spring onion
- ☐ 60 ml Olive oil
- ☐ Salt — to taste
- ☐ 30 g Mint
- ☐ 4 piece Tomatoes — finely diced
- ☐ 2 piece Lemons — juiced
- ☐ 0.5 tsp Ground allspice

Let's make it.

01 Rinse the bulgur and pour the juice of one lemon over it. Leave it to swell for fifteen minutes.

02 Wash the parsley well in advance and dry it thoroughly — an hour on a cloth is not too much. Strip the thick stems and chop it fine but without pulverising it.

03 Dice the tomatoes small and salt them separately: the juice they give up goes into the bulgur.

04 Mix everything with the juice of the second lemon, the oil and the allspice. Let it stand ten minutes before serving.

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