



Sue's Tabbouli Recipe

Tabbouli (Tabbouleh)

Tabbouli is not only tasty—it's also good for you. It can be served as a mezze or a salad with barbecued meat.

Ingredients

- ¼ cup burghul (crushed wheat)
- 5 cups of flat-leaf parsley (about 2 bundles), finely chopped
- 1 small red onion, finely chopped
- A handful of mint, finely chopped
- 3 spring onions, finely chopped
- 3 medium tomatoes, finely chopped
- 1 small Lebanese cucumber, roughly chopped
- 1 teaspoon of salt, or season to taste
- ½ teaspoon of black pepper
- ½ teaspoon of Lebanese mixed spices
- ¼ cup extra virgin olive oil
- ¼ cup of lemon juice.

Instructions

Wash the burghul in cold water, then drain and squeeze out any excess water. In a bowl, combine the burghul, parsley, red onion, spring onion, tomato and cucumber. Add the salt, black pepper and spices, then the olive oil and lemon juice. Mix well and serve with your favourite meat or cos lettuce.

