

VS02

TABBOULEH WITH FRESH PARSLEY MINT AND LEMONS



Source: Olives. Lemons and Za'atar
by Rawia Bishara

Serves 4

- Fresh flat-leaf parsley – 240g
- Plum tomatoes, chopped - 2½ pcs
- Red onion, chopped – 1 medium
- *or* Spring onion, chopped – 6
- Fresh mint, chopped – 2 TBSP
- Dried mint – 1 TBSP
- Sea salt – 1 tsp or to taste
- Lemons – juice of 2 or to taste
- Top quality extra virgin olive oil – 80 to 120ml
- Very fine cracked wheat (bulgur), picked over and rinsed – 3 to 4 TBSP
- Romaine lettuce, cabbage leaves or vine leaves for serving

1. In a large bowl, combine the parsley with half of the tomatoes, the onions or spring onions, fresh and dried mint, salt, lemon juice, oil and cracked wheat.

2. Gently toss the ingredients together then taste and adjust the lemon juice and salt.
Transfer to a serving bowl and garnish with the remaining tomatoes.

Serve over the lettuce, cabbage leaves or vine leaves