

Tabbouleh

Mediterranean · Salad · Easy · 20 min total · Serves 6

Fresh Levantine bulgur wheat salad with parsley, mint, tomatoes, and lemon — bright and herbaceous.

Ingredients

- 0.5 cup fine bulgur wheat (soaked 15 min drained)
- 3 cups parsley (finely chopped)
- 0.5 cup mint (finely chopped)
- 4 medium tomatoes (seeded diced)
- 4 scallions (sliced)
- 4 tbsp lemon juice (fresh)
- 4 tbsp extra virgin olive oil
- 0.75 tsp salt

Method

1. Soak bulgur in hot water 15 min. Drain and squeeze out excess water.
2. Combine bulgur with parsley, mint, tomatoes, scallions.
3. Whisk lemon juice, olive oil, salt. Toss with salad.
4. Let sit 15 min for flavors to meld. Serve cool or room temp.
5. Wrap in lettuce leaves or serve as side.

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