



# Tabouli

**Season:** Summer

**Type:** Salad

**Difficulty:** Easy

**Serves:** 24 tastes

**Fresh from the garden:** Parsley, spring onions

**Recipe source:** [www.finecooking.com](http://www.finecooking.com)

<b>Equipment:</b>	<b>Ingredients:</b>
<ul style="list-style-type: none"><li>• Sharp knife</li><li>• 2 Chopping boards</li><li>• Bowl</li><li>• Measuring cup</li><li>• Measuring spoons</li></ul>	<ul style="list-style-type: none"><li>• 2/3 cup burghul (cracked wheat)</li><li>• 2 large tomatoes, finely chopped</li><li>• 1/2 cup lemon juice</li><li>• 2 cups chopped fresh flat-leaf parsley leaves</li><li>• 1 cup chopped fresh mint leaves</li><li>• 4 green onions, thinly sliced</li><li>• 1/4 cup olive oil</li></ul>

## What to do:

1. Place burghul, tomato and lemon juice in a bowl. Stand, covered, for 30 minutes or until burghul has softened.
2. Add parsley, mint, onion and oil to burghul mixture. Stir to combine. Serve