Tabouli

Season: Summer
Type: Salad
Difficulty: Easy
Serves: 24 tastes

Fresh from the garden: Parsley, spring onions

Recipe source: www.finecooking.com

**Equipment:**
- Sharp knife
- 2 Chopping boards
- Bowl
- Measuring cup
- Measuring spoons

**Ingredients:**
- 2/3 cup burghul (cracked wheat)
- 2 large tomatoes, finely chopped
- 1/2 cup lemon juice
- 2 cups chopped fresh flat-leaf parsley leaves
- 1 cup chopped fresh mint leaves
- 4 green onions, thinly sliced
- 1/4 cup olive oil

**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