
Tabouli

Servings: 6

Lebanese salad

very good, tried 9-06

rating - 8

2014 - I doubled the sauce and it was really good, but a tiny bit oily. Next time, do 1 1/2 times the sauce.

3/4 cup bulgar, fine
2 cups water, cold
2 cups parsley, 1 big bunch coarsely chopped
1/2 cup onion, finely chopped
1/4 cup mint, 1/2 bunch finely chopped
1/3 cup olive oil
1 medium lemon
1/4 teaspoon salt
1/2 teaspoon black pepper, ground
2 medium tomatoes, seeded and coarsely chopped

Place bulger in a bowl and cover with the cold water. Leave to soak for 30 minutes. After 30 minutes, pick up by handful and squeeze excess water out. Put in bowl.

Meanwhile, prepare parsley. Wash well, shake off excess mixture and remove thick stalks. Chop coarsely.

Put bulger into a mixing bowl and add onions. Squeeze mixture with hand so that bulger absorbs onion flavour.

Add parsley to bulger in bowl with chopped mint.

Beat olive oil with lemon juice (squeeze lemon over sieve) and stir in salt and pepper. Add to salad and toss well.

Seed tomatoes and cut into large dice. Gently stir into salad. cover and chill for at least 1 hour before serving.

Serve in salad bowl lined with crisp lettuce leaves. Lemon juice and salt mixture (1/4 cup lemon juice mixed with 1/2 teaspoon salt) is served in a jug so that it may be added according to individual taste.

salads, Veggies

Per Serving (excluding unknown items): 191 Calories; 13g Fat (55.7% calories from fat); 3g Protein; 19g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 111mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Fruit; 2 1/2 Fat.