

# Tabbouleh

*'If you want to find a good husband, you'd better learn how to chop parsley properly' - Sami's mother sternly cautioned his sister when she was a teenager.*

*'A good Tabbouleh is based on plenty of fresh flat-leaf parsley and mint, carefully shredded by hand to prevent bruising, well seasoned and sharp, mixed with some tomato and al dente bulgar wheat.' Ottolenghi.*

Serves: 6

80gm bulgar wheat (fine #2) - cracked wheat  
½ cup cous cous  
3 large tomatoes (or equivalent small)  
½ lebanese cucumber  
½ Spanish onion  
4 stems fresh flat leaf parsley  
½ Lemon juice  
Olive oil  
Salt & Pepper



## Cooking the Bulgar

1. Put the bulgur wheat in a small bowl with a pinch of salt.
2. Pour in enough boiling water to just cover the bulgur wheat.
3. Cover with cling wrap and let stand for about ten minutes.
4. Fluff up with a fork and let cool.

## Preparing the Tabbouleh

1. While the bulgur wheat is absorbing the water, finely dice the spanish onion and medium dice the tomatoes.
2. Put some parsley aside for garnish.
3. Cut off the majority of the parsley stalks then finely chiffonade the whole bunch in one go.
4. Pick the mint leaves, bunch them together and finely chiffonade.
5. Mix all ingredients together with lemon juice, olive oil and salt and pepper to taste.