

Chickpeas Tabouli

Herby chickpeas with bulgur wheat.

Makes 4 servings as a main course dish, more as a side dish.

Ingredients

100 g dry chickpeas
weight
200 g bulgur wheat
400 ml boiling water
45 ml Zaytoun **FAIRTRADE** olive oil
2 medium tomatoes
lots chopped fresh parsley
lots chopped fresh mint
2 **FAIRTRADE** lemons
6 or more spring onions
half cucumber
FAIRTRADE black pepper

to stand for 20 minutes, stirring occasionally.

Drain the bulgur wheat in a colander.

Assembly

Add the chickpeas, herbs, tomatoes, cucumber, remaining oil and zest and juice of the lemon into the bowl and mix well. Season with pepper.

Chill (needs an hour or more).

To serve

Serve on a bed of lettuce.

Serve as a side dish or as a light main course.

Variation

Use a can of chickpeas if you forget to soak the dried peas, or you are short of time.

Method

Preparation

Soak the chickpeas overnight in plenty of cold water.

Remove unwanted layers from the onions and chop into small rings.

Zest and juice the lemons and discard pith.

Wash the cucumber, slice lengthwise into quarters, and chop into small pieces.

Cooking

Cook the chickpeas in the usual way¹, and allow to cool.

Mix the bulgur in a salad bowl with 15 ml of olive oil, and then cover with the boiling water. Allow

¹<http://www.fairtradecookbook.org.uk/recipes/chickpeas.htm>