

Lebanese mint and oregano tabouleh

Traditionally tabouleh is made with parsley, but when the parsley didn't make it in the competition with purple and green sage for light, other herbs had to step up to the mark. So the Lebanese tabouleh (summer 2012) was made with lots of mint and even more oregano.

Ingredients

- 180 g bulgur wheat
- handful fresh mint leaves
- 3 handfuls fresh oregano
- 1 medium red onion
- 18 cherry tomatoes

Dressing

- 2 **FAIRTRADE** lemons
- 10 g salt
- 3 g black pepper
- 30 ml **FAIRTRADE** olive oil

Method

Measure the bulgur into a bowl and cover with boiling water. Allow to soak for 1 to 2 hours until puffed up and soft. Drain any surplus water.

- Wash and chop the fresh herbs
- Skin the onion and chop very small, or grate.
- Cut the tomatoes into quarters

Combine the bulgur wheat, herbs, onion and tomatoes in a serving bowl.

Juice the lemons and add the salt and pepper, and the olive oil. Mix well.

Sprinkle the dressing over the bulgur and gently turn. Chill well before serving.