

Tabouli (or Tabbouleh)

This is the easiest version of the traditional **Lebanese**¹ salad.

Bulgar wheat with herbs.

Makes 4 to 6 servings as a side-dish.

Ingredients

- 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

Method

Preparation

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.

Wash the tomatoes and chop small.

Using a double-handed herb knife, slice the herbs into tiny pieces.

Cooking

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

to stand for 20 minutes, stirring occasionally.

Drain the wheat in a colander.

Assembly

Add the 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 with a **beany meal**².

Variation

Yotam Ottolengi would use less bulgar wheat, no cucumber but lots more tomatoes, and really lots more parsley, and a teaspoon of allspice.

¹<http://www.fairtradecookbook.org.uk/countries/lebanon.htm>

²<http://www.fairtradecookbook.org.uk/search/search.htm?searchb=beans>