

Bulgur Salad

Tabbouleh

INGREDIENTS:

Servings: 4-8 people

Fine bulgur	1 cup
Fresh lemon juice	1/4 cup
Olive oil	1/4 cup
Salt and freshly ground pepper	to taste
Finely chopped parsley	2 large bunches
Finely chopped mint	1 medium bunch
Chopped spring onions	2/3 cup
Diced tomatoes	3
Lettuce	for garnish

TOOLS:

Chef's knife
Cutting board
Bowl
Pepper mill
Strainer
Juicer

INFO:

Combining the freshest and tastiest ingredients, this extraordinarily delicious salad is a nutritionist's dream, containing nearly all of the vitamins, minerals and proteins needed by most people. Better yet, many people of the region are convinced that eating it adds to their mental quickness and makes them more popular with members of the opposite sex.

TIME:

prep time : 00:30

PREPARATION:

Place the bulgur in a bowl, cover with cold water and leave for 15 minutes. Rinse the bulgur in a strainer and squeeze out the excess water. Put the bulgur in a bowl and add half of the lemon juice and half of the olive oil. Season to taste with salt and freshly ground pepper and set aside for 30 minutes.

Before serving, add the parsley, mint, spring onions, tomatoes and the remaining olive oil and lemon juice. Check seasoning and adjust if necessary. Serve on a bed of fresh young lettuce.