**Tabouleh**

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| **Quantity is enough for 6-8 people** |
| **Preparation time: 20 Minutes**  |

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| **The Ingredients:** |
| 4 cups (180 g) parsley chopped | 1 medium onion, finely chopped | 2 cups (500 ml) cold water | ¾ cup (125 g) fine bulgur (burghul) |
| 2 (tbs) lemon juice | 3 cucumbers(diced) | 3 tomatoes (diced) | 3 (tsp) finely chopped fresh mint |
| 1½ (tsp) salt, ¼ (tsp) black pepper | ¼ cup (60 ml) olive oil |
|  | Lettuce leaves for serving |

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| **How to prepare:** |
| 1. Place burghul in a bowl and cover with cold water. Let soak for 15 minutes. Pressing with back of a spoon to extract moisture.
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| 1. Add parsley, onion, tomatoes, cucumbers and mint to burghul.
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| 1. In a small bowl, mix olive oil with lemon juice. Stir in salt and pepper. Add to salad and toss well.
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| 1. Serve in a shallow salad bowl lined with lettuce leaves.

 Enjoy! |