**Tabouleh**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 | |

|  |
| --- |
| **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. |
| 1. Add parsley, onion, tomatoes, cucumbers and mint to burghul. |
| 1. In a small bowl, mix olive oil with lemon juice. Stir in salt and pepper. Add to salad and toss well. |
| 1. Serve in a shallow salad bowl lined with lettuce leaves.   Enjoy! |