

# tabouli

## Ingredients

- 2 bunches parsley ('flat leaf')
- 500g tomatoes ('firm to touch')
- 1 tablespoon of fine burghul ('crushed wheat')
- 2 spring onion leaves
- Juice of one lemon
- 2 tablespoons extra virgin olive oil
- ½ teaspoon of sea salt
- Pinch of black pepper
- Pinch of mixed spice ('baharat')
- Pinch dried mint

## Method

- Wash the parsley thoroughly. Dry well & place aside
- Wash the burghul in warm water & squeeze out any excess water. Place in a large bowl
- Wash, then dice the tomatoes into 5mm cubes
- Wash, then chop the spring onion leaves
- Add the tomatoes & spring onions to the burghul, Add all the seasonings
- Chop the parsley finely (discarding the stems) & add to the other ingredients
- Add the lemon & olive oil to the mixture & mix together thoroughly