

Tabouli Salad

Ingredients

- ½ cup burghul (cracked wheat)
- 1 bunch parsley (2 cups chopped)
- ½ bunch mint (½ cup chopped)
- 2 tomatoes
- 1 lebanese cucumber
- 2 spring onions
- 1 large garlic clove
- 1 lemon
- 2 Tbsp olive oil
- Salt and pepper



What to do:

- 1) Rinse burghul under cold water
- 2) Place burghul into a saucepan with 1 cup of water and bring to the boil. Remove from the heat, stir with a fork and set aside for 10 minutes to absorb the water
- 3) Once cool, squeeze any excess water from the burghul and place into a large bowl
- 4) Wash parsley and mint, spin dry, pick off the leaves and finely chop
- 5) Wash the tomato and cucumber
- 6) Finely dice the tomato. Add the tomato and its juices to the bowl with the burghul
- 7) Chop the cucumber in half length ways, remove the seeds with a spoon. Discard the seeds. Finely dice the cucumber and add it to the tomato and burghul
- 8) Wash the spring onions. Finely slice and add to the bowl
- 9) Add parsley and mint to the bowl
- 10) Peel the garlic, roughly chop, then sprinkle with salt and use a fork to squash the garlic into a paste
- 11) Juice the lemon
- 12) Add ¼ cup lemon juice, olive oil and garlic to a small bowl. Season with salt and pepper. Mix well
- 13) Mix together all the ingredients in the bowl
- 14) Add the lemon juice and olive oil dressing to the parsley mixture.
- 15) Taste. Add more salt, pepper, lemon juice or olive oil if needed
- 16) Serve and enjoy

NOTE: ½ cup of couscous or quinoa can replace the burghul. Cook according to packet directions

Bonus Maths Challenge

What ingredients would you need if you tripled this recipe?