

tabouleh

serves 4

gather:

75gm bulgur, washed

3 cups of curly parsley, stalks removed and roughly chopped

4 Grosse Lisse tomatoes, diced

6 spring onions, chopped

¼ cup of mint, chopped

2 lemons juiced

4 tbsp. olive oil

create:

Place bulgur into a sieve and rinse well. Cover with hot water and leave to soak for 20 minutes.

Drain well. Place bulgur, parsley, tomatoes, mint, and spring onions in to a bowl and mix well.

Combine olive oil and lemon juice, and add to the rest of the ingredients. Season with salt and pepper to taste.

Serve with grilled fish or chicken.