



Recipe



Tabbouleh Salad

Ingredients

- ½ cup fine bulgur wheat
- 4 firm Roma tomatoes, very finely chopped
- 1 English cucumber (hothouse cucumber), very finely chopped
- 2 bunches parsley, stems removed, washed and well-dried, very finely chopped
- 12-15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
- 4 green onions, white and green parts, very finely chopped
- Salt
- 3-4 tablespoon lime juice (lemon juice, if you prefer)
- 3-4 tablespoon Koroneiki extra virgin olive oil
- Romaine lettuce leaves to serve, optional

Wash the bulgur wheat and soak it in water for 5 minutes.

Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.

Place the tomatoes in a colander to drain excess juice.

Very finely chop the vegetables, herbs and green onions and put in mixing bowl.

Add the bulgur and season with salt. Mix gently.

Now add the lime juice and olive oil and mix again.

Cover the tabouli and refrigerate for 30 minutes.

Transfer to a serving platter.

Can be served with pita bread and/or romaine lettuce leaves.