

Tabbouleh

by Margaret Fulton

Bulgur or Burghul wheat is parboiled then dried. It is eaten widely in Eastern Europe. Tabbouleh originated in the Middle East and is obtainable at Greek and health food shops.

125g (4oz) Bulgur Wheat
1 cup chopped Parsley
4 tablespoons chopped Mint
1 Onion, finely chopped
3 tablespoons Lemon Juice
4 tablespoons Olive Oil
3 Tomatoes, skinned, seeded and chopped
Salt and Pepper

Soak the wheat in cold water for 1 hour. Drain thoroughly, then place in a mixing bowl.

Chop finely and add the parsley to the wheat, together with the remaining ingredients. Season with salt and pepper to taste. Mix well to combine the ingredients and transfer to a serving dish.