

Marie Saba

from my kitchen to yours

Tabbouleh Salad

Serves 4

Ingredients:

- 2 Tablespoons (20g) #1 Fine Bulgur Wheat
- 3 Tablespoons (45ml) fresh lemon juice
- 1/2 cup (118ml) extra virgin olive oil
- 1/2 teaspoon (2g) Kosher salt
- Freshly ground pepper
- 2 bunches fresh flat-leaf parsley*
- 1/2 ounce (14g) package fresh mint**
- 1-2 green onions, minced
- 1 cup (164g) diced tomatoes
- Romaine lettuce, for garnish

*2 large bunches flat-leaf parsley = about 5 cups (80g) leaves

**1/2 ounce (14g) package fresh mint = 1/3 c (12g) chopped fresh mint



Instructions:

1. Place bulgur, lemon juice, olive oil, salt and pepper in a small bowl. Whisk and set aside for 30 minutes.
2. Pick parsley and mint leaves from stems. Wash and dry thoroughly. Finely chop parsley and mint leaves.
3. Place leaves in a large bowl. Add minced green onion and diced tomatoes. Add bulgur mixture and toss to combine. Taste, and adjust salt and pepper if needed. Cover and refrigerate until ready to eat.
4. To serve, place romaine leaves along one side of a shallow bowl. Add tabbouleh and enjoy!

Make-Ahead Tip: Tabbouleh keeps well in the fridge, covered, for 3-4 days.

YouTube: Marie's Kitchen

Website: MarieSaba.com

Email: Marie@MarieSaba.com