



TABBOULEH

Serves 4

11 serves of vegies in this recipe

Tabbouleh is a popular Lebanese salad.

10 minutes preparation

1 cup cracked wheat (bulgar)

2 large ripe tomatoes, diced

1 small cucumber, diced

3 spring onions, finely sliced

1 cup parsley, chopped

1 cup mint, chopped

2 tablespoons lemon juice

1 tablespoon olive oil



Cover the cracked wheat with cold water and soak for 15 minutes. Strain through a sieve and squeeze out excess moisture. Mix with remaining ingredients and serve chilled.

Hint

This salad may be made a day ahead.

Variation

For best results use flat leaf parsley when available.

For a more substantial meal, add 425g can drained chickpeas.

Serving suggestion

Serve with grilled fish or meat.

Great with Tuna Salad in Turkish bread (see recipe).

NUTRITION INFORMATION		
Serves in this recipe: 4	Serve size: 263 g	
	Quantity per serving	Quantity per 100g
Energy	682.91 kJ	259.83 kJ
Protein	4.86 g	1.85 g
Fat	5.38 g	2.05 g
-saturated	0.72 g	0.27 g
Carbohydrate	20.14 g	7.66 g
-sugars	4.37 g	1.66 g
Fibre	6.46 g	2.46 g
Sodium	37.62 mg	14.31 mg

Thanks to the website: www.gofor2and5.com.au for healthy recipes and nutritional information.