

TABOULI

LEBANESE-STYLE BULGUR AND PARSLEY SALAD

SERVINGS 6-8 **PREP + COOK TIME 40 MINUTES**

This typical summer salad is so very refreshing, thanks to the mint! But the star of this is actually the parsley. Tabouli is great on its own and also pairs well with plenty of combos. Try it in a sandwich with grilled meat!

INGREDIENTS

- 1/2 cup fine bulgur
- 3 Tbsp. olive oil
- 1 cup water, boiling hotw
- 2 cups fresh flat-leaf parsley, finely chopped
- 1/2 cup fresh mint, finely chopped
- 2 medium tomatoes, cut into 1/4-inch chunks
- 1/2 cucumber, peeled, cored, and cut into 1/4-inch chunks
- 3 Tbsp. fresh lemon juice
- 3/4 tsp. salt
- 1/4 tsp. black pepper

DIRECTIONS

1. Combine bulgur and 1 tablespoon olive oil in a metal or glass heatproof bowl and pour boiling water into it.
2. Wrap the bowl tightly with plastic wrap and let it sit for 15 minutes. Drain using a sieve and squeeze out excess liquid from bulgur.
3. Combine the parsley, mint, tomatoes and cucumber and the rest of the olive oil into the mix.

