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My Exotic Tabbouleh (Tabbouli)

I make my own version of Tabbouleh and I love it – it's fresh, versatile and one handsome salad. Loved and enjoyed by millions of people worldwide, this is a wonderful treat any time of the year – serve with hot pitta bread and my hummus or better still my Smoked Red Pepper & Garlic Bean Dip

<http://www.mouthwateringvegan.com/2013/02/27/smoked->

[red-pepper-garlic-bean-dip/](#). Enjoy !

Note:- For a gluten-free tabbouleh use boiled millet with quinoa – follow cooking instructions for these, and use 2 cups after cooking and add the ingredients below to make up the entire tabbouleh.

Serves 4 to 6

INGREDIENTS 10 cherry tomatoes, quartered with a sharp knife 1 cup bulgur wheat boiling water (enough to cover the bulgar wheat in a bowl) 1 large bunch of parsley, very finely chopped 2 Tbsp fresh cilantro/coriander, very finely chopped (optional) 1 cup cucumber, finely diced 2 spring onions (scallions) or red onions, finely chopped 1 red bell pepper, seeded and finely chopped 3 to 4 mint leaves, finely chopped – or around 1 tsp dried mint juice of 1 lemon 1½ tsp fine sea salt just under ½ cup olive oil ½ tsp maple syrup (optional) **METHOD**

1. Place your bulgur wheat in a bowl, then pour over enough boiling water to cover it. Allow it soak for around 15 minutes – it will absorb most of the water (if any is left, just drain the rest). Then place in a salad serving bowl of your choice, and allow it to cool for 10 minutes or so.
2. Now add the remaining ingredients, except for the olive oil, salt, lemon juice and maple syrup (if

using). Place these in a jar (jam jar size), close the lid tightly, and shake until blended. Then pour onto the salad and stir. Refrigerate and serve. Enjoy !

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These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment !

suitable for vegans, vegetarians and meat-eaters alike





Red Nectar Juice



Diner-Style 'Meat' Loaf

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24 COMMENTS



Michael (from Facebook)

March 10, 2013 at 11:05 am

Shared on Facebook! 😊

A hearty, green repast that can be served on St. Patrick's Day or any time of the year! Can be enjoyed while looking out over the water or a nice green field! 😊



Miriam

March 10, 2013 at 11:17 am

Hi there Michael – I agree with you – it's great almost any time of year. (Remind me, when is St Patrick's day, you often mention it with regards to some of my recipes, has it come round that fast again ?). Best to you as always. 😊



Katerina

March 10, 2013 at 11:59 am

Definitely going to make this – what grain do you suggest substituting for the wheat to make it gluten free ? <3

**Miriam**

March 10, 2013 at 1:41 pm

Katerina Hi there and welcome here. For a gluten-free tabbouleh use boiled millet with quinoa – follow cooking instructions for these, and use 2 cups after cooking and add the ingredients below to make up the entire tabbouleh. (I have added this note to the recipe). Hope this helps and I look forward to your feedback on it ! Enjoy and best wishes your way in the meantime. 😊

**Debra**

March 10, 2013 at 11:05 pm

Made this today, Sunday dinner for the family. Only thing is I substituted Quinoa for the bulgur wheat . It was so yummy! The whole family loved it!

**Miriam**

March 11, 2013 at 11:32 am

Hi Debra, thanks for dropping by here. I gave the gluten free choice for people that wish to try an alternative – so glad you made and enjoyed it ! Cheers and hope you enjoy many more recipes from my site. 😊

**Michelle**

March 13, 2013 at 11:23 am

Can't wait to try it!

**Miriam***March 13, 2013 at 12:39 pm*

Let me know how it goes Michelle and enjoy ! 😊

**Eileen***April 11, 2013 at 8:14 pm*

This is a very inspiring site for people who want to ea vegan and stop animal factory farming Thank you.

**Miriam***April 12, 2013 at 8:28 am*

Thanks Eileen for dropping by with your comment and hope that you too enjoy my recipes ! 😊

Pingback: » Mouthwatering Vegan Falafel

**Bobbi***July 26, 2013 at 10:31 pm*

Sounds fantastic and looks divine! Definitely going into my recipe repertoire. Thank you so much for sharing!



Miriam

July 27, 2013 at 11:22 am

Bobbi Hi and thanks for dropping by here with your comment. Enjoy and let me know what you think when you have made and tasted it! 😊

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Helen Anderson

August 23, 2013 at 4:01 am

Finally a good recipe for it. Thank you Miriam!



Miriam

August 23, 2013 at 10:15 am

Let me know how it goes Helen and enjoy! 😊



Ange T Kenos, ex Tsamandas, Filiates, Epirus now Australia

September 9, 2013 at 10:06 pm

Mmmmmmmmmmmmm



Miriam

September 10, 2013 at 10:32 am



Pingback: Mouthwatering Middle Eastern Style Chickpea Burgers - Mouthwatering Vegan Recipes™



Silver

April 3, 2014 at 6:23 pm

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This dish has me going "Mmmmh" while I tuck into it! I tend to avoid salad like the plague but this I could easily eat every day! The flavours are amazing. I've had it on the side of mains or served with falafel and houmous in pitta. I have to say this is the best dish I've made since going vegan.



Miriam

April 5, 2014 at 1:36 pm

Sounds awesome and glad you have found a salad you are enjoying! 😊



Suzanne

April 15, 2014 at 7:33 pm

this is so unbelievably good!! Found your site and am in vegan heaven...<3



Miriam

April 16, 2014 at 5:40 pm

Thanks Suzanne and hopeyou enjoy my recipes. I look forward to your comments and feedback on my blog. Enjoy! 😊



Silver



May 25, 2015 at 7:03 pm

Hi Miriam, I'm making this dish and was wondering whether to use olive oil or extra virgin? I've tried it with both I think or maybe just extra virgin, I forget! Anyway with extra virgin olive oil I found the dish goes hard after refrigeration or maybe that was a one off.

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Miriam

May 27, 2015 at 8:22 pm

Either of the two oils should be fine – I cannot understand what happened if your oil went 'hard ?' maybe the brand you have, I'm not sure ?