

TABOULI

INGREDIENTS

- 1 cup Bulgar Wheat
- 2 cup boiled water
- Lemon juice
- Bunch of Curly Parsley
- 6 medium tomatoes
- 1 large red onion

METHOD

1. In a heat proof bowl add Bulgar Wheat and boiling water and sit aside for 30 mins or until wheat is tender.
2. Dice onion, parsley and tomatoes by hand or blender.
3. Drain the Bulgar wheat mixture and add to parsley mixture if cool.
4. Squeeze half a lemon and pour over mixture Stir well.
5. Taste and add further lemon juice as required.
6. Refrigerate before serving

SHOPPING LIST

- Bulgar Wheat
- Lemon
- Bunch of curly parsley
- 6 tomatoes
- 1 large red onion