

Tabbouleh

Bialik College Kitchen Garden Program



Ingredients:

- 1 cup burghul
- 6 ripe tomatoes, chopped small
- 2 large cucumbers or 4 small, chopped into small pieces
- 4 spring onions, finely sliced
- 2 garlic cloves, peeled and finely chopped
- 2 large handfuls of parsley, finely chopped
- 1 handful of mint leaves, finely chopped
- 1 lemon, juiced
- 2 tablespoons of olive oil
- salt/pepper, to taste

Equipment:

- metric measuring cups & spoons
- 2 clean tea towels
- chopping board
- cook's knife
- citrus juicer
- mixing bowls
- large strainer
- mixing spoon
- serving bowls

Method:

1. Prepare all ingredients based on the instructions in the ingredients list.
2. Cover the burghul with cold water in a large mixing bowl. Soak for 10 minutes then strain. Press with the back of the tablespoon to squeeze out the rest of the liquid.
3. Tip the burghul onto a clean, dry tea towel. Gather up the corners and squeeze out any remaining liquid. Your burghul should be nice and dry and fluffy. Tip out into the large bowl.
4. Add the tomatoes, cucumbers, spring onions, garlic and herbs to the bowl with the burghul.
5. Mix the lemon juice and oil together in the small bowl, then pour it over the other ingredients.
6. Mix everything together, taste and season to taste.
7. Divide between serving bowls and serve.