

Tabbouleh Salad

Parsley and bulgur wheat are the basis of this highly nutritious salad which is low in fat, saturated fat, sugar and salt a good source of vitamin C (good for a healthy immune system). Bulgur wheat is similar to couscous and is thought to have been used in cooking for over 4,000 years. This salad is a perfect accompaniment to our Lamb and Lentil Burgers on the Let's Get Cooking website.



Wheat (gluten)*

Nutritional information per portion (164g):

Energy	Fat	Saturates	Sugars	Salt
315kJ 75kcal 4%	3.2g 5%	0.5g 2%	4.8g 5%	0.02g 0%

of an adult's reference intake.
Typical values per 100g: energy 192kJ/46kcal.

Equipment

Weighing scales
Kettle
Small bowl x 2
Measuring jug
Clingfilm
Chopping board
Sharp knife
Mug or cup
Scissors
Juice squeezer
Measuring spoons
Fork
Serving dish

Ingredients

Serves 4-6

1 red or yellow pepper
2 medium tomatoes
100g bulgur wheat
1 red onion
Bunch (35g) flat-leaf parsley OR 1 x 15ml spoon dried parsley
Small bunch (10g) fresh mint (optional)
1 lemon (juice only)
1 x 15ml spoon olive oil (preferably extra virgin)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Although this recipe uses only the parsley leaves, you can keep the stalks to go in a stock or bouquet garni. Flat-leaf parsley works well for this recipe as the texture is better than the curly leaf variety.

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Method

1. Boil the kettle.
2. Wash the pepper and tomatoes.
3. Weigh the bulgur wheat into a small bowl. Measure out 200ml of boiling water from the kettle and pour over the bulgur wheat. Cover with clingfilm and leave for 20 minutes to cook and soften.
4. Deseed the pepper, chop into 1cm chunks and place in another small bowl.
5. Peel and chop the onion into small chunks and add to the pepper.
6. Chop the tomatoes into small chunks and add to the other ingredients.
7. Wash the parsley and mint (if using), then pick the leaves from the stalks. Place the leaves in a large mug or cup and chop finely using scissors. Add to the other ingredients.
8. Slice the lemon in half and squeeze the juice, trying to avoid getting the pips in the juice. Pour the juice over the vegetables.
9. Measure the olive oil onto the salad and stir well.
10. When the bulgur wheat is cooked, carefully remove the clingfilm (be careful of any steam), fluff and separate the grains with a fork, then spoon into the salad. Mix well and serve.

Something to try next time

- Swap the lemon juice for lime juice.
- Add other crunchy vegetables, such as celery or cucumber.
- If you can't find bulgur wheat, use couscous instead. It simply needs covering in hot water and will be ready to fluff with a fork in 5 minutes.

Prepare now, eat later

- This will keep in the fridge for up 48 hours before the herbs might start to wilt.

Skills used include:

Washing, weighing, measuring, peeling, chopping, squeezing, boiling and mixing/combining.