



Tabouleh

Healthy timeless classic that reminds me of my grandmother's lovely recipes

Nutrition Facts Per Serving: Calories 459, Protein 4g, Carbs 18g, Fat 42g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 25 min



INGREDIENTS

Bulgur

Tomato

Onion

Parsley

Lemon and Olive Oil Dressing

Lettuce for Serving

METHOD

1. Place bulgur in a large shallow dish, add hot water (2 persons 45ml, 4 persons 90 ml and 6 persons 135 ml), stir well. Cover and leave on counter for 20 minutes.
2. Stir and knead bulgur by hand. Shake dressing to homogenize, add half of it to the bulgur and mix well. Stand for 2 minutes.
3. Add all other ingredient as well as remaining dressing, mix well.
4. Plate in a deep bowl surrounded by lettuce leaves. To serve: place a lettuce leave in a serving plate and fill liberally with tabbouleh.



BON APPETIT