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How to Cook Tabbouleh?

Here's a step-by-step guide to cook **Tabbouleh** at home:

Ingredients: (serves 4)

- 1/2 cup **bulgur wheat** (fine or medium grain)
- 1 cup **boiling water**
- 2 bunches **fresh parsley**, finely chopped (flat-leaf parsley preferred)
- 1/4 cup **fresh mint leaves**, finely chopped
- 2-3 medium **tomatoes**, diced
- 2-3 **green onions**, finely chopped (or 1 small white onion)
- 1/4 cup **extra-virgin olive oil**
- 1/4 cup **fresh lemon juice** (about 1-2 lemons)
- **Salt**, to taste
- **Pepper** (optional), to taste

Instructions:

Step 1: Prepare the Bulgur

1. **Soak the Bulgur:** In a bowl, place 1/2 cup of bulgur wheat and pour 1 cup of boiling water over it. Stir it and let it sit for 15-20 minutes until the bulgur absorbs the water and softens.
2. **Drain Excess Water:** If any water remains after soaking, drain it using a fine sieve or gently press the bulgur with a spoon.
3. **Fluff the Bulgur:** Use a fork to fluff the bulgur, separating the grains.

Step 2: Prepare the Vegetables

1. **Chop the Parsley and Mint:** Finely chop the parsley and mint, removing the thick stems and using only the leafy parts.
2. **Dice the Tomatoes:** Cut the tomatoes into small cubes.
3. **Chop the Onions:** Finely chop the green onions or white onion, using both the white and green parts if using green onions.

Step 3: Mix Everything Together

1. **Combine the Bulgur and Vegetables:** In a large mixing bowl, add the soaked bulgur, chopped parsley, mint, tomatoes, and onions.
2. **Add Olive Oil and Lemon Juice:** Drizzle the olive oil and lemon juice over the mixture. Start with 1/4 cup of each and adjust to taste.

Step 4: Season and Toss

1. **Add Salt and Pepper:** Add salt (start with 1/2 teaspoon) and pepper to taste.
2. **Toss Gently:** Use a spoon to mix the ingredients, ensuring the olive oil and lemon juice coat everything evenly.

Step 5: Let It Rest (Optional)

- **Refrigerate:** Allow the tabbouleh to sit for 15-30 minutes in the fridge. This helps the flavors meld and enhances the taste as the bulgur absorbs more of the dressing.

Step 6: Serve

- Serve chilled or at room temperature. Tabbouleh pairs well with hummus, pita bread, grilled vegetables, or falafel.

Tips:

- **Use Fresh Ingredients:** Fresh parsley and mint are key to getting the right flavor.
- **Customize:** You can add cucumbers for extra crunch, or use quinoa instead of bulgur for a gluten-free variation.

Now your homemade tabbouleh is ready to enjoy!