

# Tabouleh

**Season:** Any

**Type:** Lebanese Salad

**Difficulty:** 

**Serves:** 4

**Fresh from the garden:** mint, parsley, tomatoes, chives, lemon.

<b>Equipment:</b>	<b>Ingredients:</b>
Bowl	1 ½ cup burghul, rinsed
Measuring cups and spoons	3 cups fresh parsley chopped
Chopping boards and mats	¾ cup fresh mint leaves, chopped
Knives	3 medium tomatoes, chopped
Stainer	2 Tbsp Chives, finely chopped
Small bowl	2 Tbsp olive oil
Whisk	1/3 cup lemon juice
Mixing spoon	½ tsp salt

## Method:

- Rinse the burghul well.
- Soak the burghul in a bowl of hot water until soft.
- Roughly chop all of the herbs.
- Dice the tomatoes.
- Combine the olive oil, lemon juice and salt with a whisk.
- Combine all salad ingredients together and serve.