



Tabbouleh Salad

INGREDIENTS

6 ounces fresh parsley, finely chopped
1 1/2 cups chopped onion
4 large tomatoes, finely chopped
4 tablespoons olive oil
1 cup bulgar
1 cup water, boiling
1/8 teaspoon ground black pepper
1/8 teaspoon salt

DIRECTIONS

- Add one cup of boiled water and one cup of bourghul (bulgur) in a small bowl and mix. Place a tea towel over the bowl so the steam is unable to escape. Set aside until cool.
- Finely chop the parsley, spring onions and tomatoes and place them into your separate large salad bowl.
- Juice all the fresh lemons and pour it over the salad mixture. Add olive oil, black pepper and salt in the salad mixture. Mix well.
- Place over the cool burgar and mix well.
- Serve.

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