

TABOULI SALAD

- 3 cups boiling water
- 2 cups cracked wheat or fine bulgur
- 2 cups minced parsley
- 1 cup mint
- 2 cups chopped spring onions
- 3 tomatoes
- 1 tbsp all spice / cumin
- 1 continental cucumber
- ½ cup olive oil
- 8 tbsp lemon juice
- 2 tbsp honey
- white balsamic vinegar / white wine vinegar.
- pepper

1. Fill and boil a kettle of water.
2. Pour boiling water over cracked wheat, cover and let stand for about 20 mins. (Until wheat is tender and water is absorbed.)
3. Wash, clean and chop all veggies and herbs into small chunks
4. Add to wheat and mix well.
5. Combine oil, lemon juice, splash vinegar, honey, salt, pepper and all spice, and mix.
6. Dress salad and place in fridge until ready to serve

stage 5 Replace cucumber with pumpkin.
Add your roasted pumpkin (1 butternut pumpkin diced and roasted in an oven tray with 2 tablespoons of olive oil and 3 sprigs of rosemary leaves.