



Tabouli

Ingredients

- 3 cups of boiling water
- 2 cups of cracked wheat
- 1 cup of mint finely chopped
- 2 cups of finely chopped mint
- 2 cups of chopped spring onions
- 3 tomatoes finely chopped
- 1 tablespoon of all spice
- 1 continental cucumber
- 1/2 cup of extra virgin olive oil
- 8 tablespoons of lemon juice
- 2 tablespoons of honey
- 1 tablespoon of white vinegar.
- May have extra spices to add such as tabouli spice mix

Method

Fill and boil a kettle

Place your wheat into a large plastic bowl

Carefully pour boiling water over the cracked wheat and leave to sit for 20 minutes until water has been absorbed

Wash all your vegetables and herbs

Chop very finely your herbs.

Chop finely your cucumbers and tomatoes

Add to wheat and toss lightly

Combine olive oil, lemon juice, salt, pepper , and all spices in a jar, place the lid on and shake well

Dress salad and serve a small portion onto each plate.