Tabbouleh Salad Recipe

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This authentic tabbouleh salad is a fresh Middle Eastern classic made with parsley, tomatoes, bulgur, and a bright lemon dressing; serve as a side or light meal!

Prep Time	Cook Time	Total Time
40 mins	0 mins	40 mins

Course: Appetizer, Salad Cuisine: Arabic, Lebanese, Meditteranean, Middle Eastern
Diet: Vegan, Vegetarian Servings: 6 servings Author: Yumna Jawad

Equipment

- Mixing Bowl Set
- Balloon Whisk
- Knife Block Set
- Cutting Board

Ingredients

- ⅓ cup extra-virgin olive oil
- 3 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup fine #1 bulgur wheat
- 3 bunches fresh curly parsley finely chopped (about 3 packed cups)
- 2 firm tomatoes finely chopped
- 2 green onions finely chopped
- ¼ cup fresh mint finely chopped

Instructions

1. Whisk the olive oil, lemon juice, salt, and pepper in a large bowl until well combined. Stir in the bulgur. Let the grains soak up the dressing until they are plump and most of the moisture is absorbed for about 20 to 30 minutes.
2. Meanwhile, add the parsley, tomatoes, green onions, and mint to one side of the large bowl with the bulgur, but don't mix yet.
3. When the bulgur is plump, and the lemon-olive oil mixture is mostly absorbed, stir everything together until well combined. Serve at room temperature or chilled from the fridge.

Notes

Storage: Store any leftovers in an airtight container. They will last about 3 days in the fridge.

Make Ahead Tips: I would highly recommend washing and drying the parsley a day or two days in advance of chopping it. This gives the parsley time to dry properly so that when you chop it, it doesn't turn into a wet mess.

Sourcing: You can find the fine bulgur at Middle Eastern markets, natural-foods stores or even in large supermarkets, often located with other Middle Eastern ingredients. Make sure it *does not require cooking* for this recipe.

Nutrition

Calories: 141kcal | Carbohydrates: 8g | Protein: 2g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 9g | Sodium: 111mg | Potassium: 209mg | Fiber: 2g | Sugar: 1g | Vitamin A: 1894IU | Vitamin C: 32mg | Calcium: 39mg | Iron: 2mg

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