

# TABOULI



## INGREDIENTS

- 1 cup of bourghal
- 2 cups of finely chopped parsley
- 1/4 cup of finely chopped mint
- 2 cloves of crushed garlic
- 1 finely chopped red onion
- 4 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 teaspoon cracked black pepper

## METHOD

Soak the bourghal in water for one hour and then thoroughly drain by squeezing the water out by hand, if no draining equipment is available.

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Combine the lemon juice, olive oil, salt and cracked black pepper together, making a dressing.

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Mix bourghal, dressing and remaining herbs, onion and garlic together.

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This salad is best made several hours before serving, enabling the bourghal to soak into the dressing.

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