

Garden To Table Recipes

Garden fresh, healthy eating, at home!

Tabbouleh Parsley Salad

This classic Middle Eastern salad makes use of flat leaf (Italian Parsley) and simple ingredients to create a wonderfully fresh tasting and nutritious salad

3 spring onions finely diced

1 cup of tomatoes finely diced

Juice of lemon

1 tablespoon of finely shredded mint leaves

1 cup of finely cut parsley

salt and cracked black pepper to taste

2 tablespoons of fine burghul wheat.

¼ cup Extra Virgin olive oil.

Method

Squeeze lemon. Add lemon juice to fine burghul wheat and leave to

Soak for at least half an hour. Thoroughly rinse and drain parsley, spring onions and chives.

Best way to cut the parsley is to hold in a tight bunch and finely shave the parsley with a sharp knife.

In a large mixing bowl add cut parsley, diced tomatoes, finely diced spring onions, finely diced mint and softened burghul wheat. Season with salt and cracked black pepper to taste.

Finally drizzle with olive oil and thoroughly mix all ingredients with a wooden spoon.

Enjoy!

