

Bubbie's FRESH HERB Tabbouleh

A vibrant Middle Eastern salad bursting with fresh herbs, crisp veggies, and a zesty lemon olive oil dressing.



DIRECTIONS

- 1 Place the bulgur wheat in a heat-safe bowl. Pour the boiling water over it, cover, and let sit for 20–25 minutes, or until tender.
- 2 Drain away any remaining water. Press the bulgur gently with a spoon to remove excess moisture, then allow it to cool.
- 3 Add the parsley, mint, tomatoes, cucumber and green onions to a large bowl.
- 4 In a small bowl, whisk together the olive oil, lemon juice, garlic, salt, black pepper and optional cumin.
- 5 Add the cooled bulgur to the vegetables and herbs.
- 6 Pour the dressing over the mixture and toss until everything is evenly combined.
- 7 Cover and refrigerate for at least 30 minutes to let the flavors blend.
- 8 Taste and add more lemon juice, salt or pepper as needed. Toss again before serving.

INGREDIENTS

- ¾ cup fine bulgur wheat
- 1 cup boiling water
- 3 cups finely chopped fresh flat-leaf parsley
- ½ cup finely chopped fresh mint leaves
- 3 medium Roma tomatoes, seeded and finely diced
- 1 small cucumber, finely diced
- 4 green onions, thinly sliced
- ¼ cup extra-virgin olive oil
- ⅓ cup fresh lemon juice
- 1 small garlic clove, minced
- ½ teaspoon salt, or to taste
- ¼ teaspoon black pepper
- Optional: ¼ teaspoon ground cumin



BUBBIE'S TIPS

For traditional herb-forward tabbouleh, use plenty of parsley and only a modest amount of bulgur. Seed the tomatoes and drain any excess juice to keep the salad fresh rather than watery.

Serve chilled with pita bread, grilled chicken, fish, falafel or hummus. Store covered in the refrigerator for up to 3 days.



DOWNLOAD
THIS RECIPE!



Print • Save • Share

www.EverythingHerbalbyCherylJabz.com

SCAN ME!

FOR MORE RECIPES,
HERBAL TIPS & DIY IDEAS!

