



## Tabbouleh

Along with hummus, tabbouleh (or tabbouli) is perhaps the best-known Lebanese dish outside the Middle East.

**Serves 4–6 as a side dish**



### INGREDIENTS

- 20g fine burghul (5 teaspoons)
- 100g (about 11) grape tomatoes (3.5oz)
- 1 green onion
- 1 bunch flat-leaf parsley (about 75g whole/1 cup chopped)
- ½ large bunch mint leaves (about 20g whole/¼ cup chopped)
- ½ teaspoon Lebanese 7 Spice (baharat)
- Salt flakes, to taste
- 1½ tablespoons extra virgin olive oil (30ml)
- 1 tablespoon strained lemon juice, or more to taste (20ml)
- A few baby cos lettuce leaves (optional)

### METHOD

1. Place burghul in a strainer and rinse well under running water. Drain well then place in a bowl, cover and set aside for an hour or so.
2. Meanwhile, dice tomato and place in a mixing bowl.
3. Finely slice the green onion (the white and a good section of the green) and add to the bowl.
4. Slice parsley and mint as finely as possible and add to the bowl.
5. Add burghul to the bowl.
6. Add 7 Spice, salt, oil and lemon juice and mix well.
7. Taste and add more salt, lemon juice or oil if you like.
8. Place in a bowl or arrange on a platter with lettuce leaves, if using, and serve.