

DIVINELY DELICIOUS TABBOULEH

Easy Recipe

Tabbouleh is a popular Middle Eastern dish. It is a delicious mix of vegetables, herbs, bulgur (cracked whole grain wheat), and olive oil. It goes well with meat, chicken, fish, chickpeas, or by itself as a side dish.

Prep Time:

20 minutes plus time for cooling

COOKING TIME:

15 minutes

AMOUNT RECIPE MAKES:

4 servings

SKILLS USED:

Measuring, chopping, peeling, whisking, mixing/stirring, sieving, using a stove to boil water

Nutrition Nuggets: Bulgur is made from cracked and partially cooked whole wheat. It's rich in fibre, which helps maintain digestive health and keeps our energy levels stable. Plus, it's packed with vitamins and minerals that support overall well-being!

Leftover Love: Leftover tabbouleh can be used in different ways. Try putting it in a wrap with hummus, use it to make stuffed peppers, or even add it to your scrambled eggs!

Food for Thought: Tabbouleh is often served as part of something called a meze - this is like a big feast with lots of small dishes to make up a meal! It's like a party on your plate where you get to try all sorts of foods.

EQUIPMENT:

- Knife
- Cutting board
- Measuring cups and spoons
- Medium saucepan
- Stove
- Spatula or wooden spoon
- Fine mesh sieve
- Whisk
- Large bowl
- Spoon for mixing/stirring

INGREDIENTS:

- 1 cup bulgur
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 ripe tomatoes, finely diced
- 1/2 cup chopped fresh parsley
- 1/2 cucumber, peeled and chopped

DIRECTIONS:

1. Bring 3 cups of water to a boil in a medium saucepan.
2. Stir in the bulgur. Reduce heat to medium-low and bring to a simmer, stirring occasionally until cooked. This will take about 15 minutes.
3. Drain the bulgur using a fine-mesh sieve and let it cool for 15 minutes.
4. Whisk together the oil, lemon juice, salt, and pepper in a large bowl.
5. Transfer the bulgur to the large bowl and stir well.
6. Add the tomato, parsley and cucumber and mix well. Serve and enjoy!