Tabouleh

Equipment
Chopping Board
Chefs knife
2 x mixing Bowls
Lemon Juicer
Table Spoon
Salad Spinner
Collander

What to do

1. Place cracked wheat in a bowl and cover with hot water so water is about 2 cm over the wheat. Cover with cling wrap and set aside to soak for 10 minutes – or until water is absorbed. If after 10 minutes there is excess water use a colander or sieve to drain it all off. If using Quinoa, follow cooking instructions on pack. (I like to cook it absorption style like rice).

2. While the wheat is soaking prepare all vegetables and place in a large silver bowl.
- Wash and dry parsley and mint, remove stalks and chop finely.
- Wash cucumber and finely dice – add to bowl.
- Wash tomato and finely dice – add to bowl.
- In a separate bowl (small silver bowl). Wash spring onions or onion, top and tail to remove outer leaves and stems and slice finely. Add the allspice and season with salt.

3. Squeeze lemon juice and combine with olive oil to make dressing.

4. Place drained cracked wheat into bowl with vegetables and add dressing. Season with pepper and mix well.

Serve with flat bread, dips, falafel or meatballs.

Ingredients
1 cup cracked wheat (burghul) or quinoa (for gluten free option)
1 long cucumber
2 large tomatoes or 1 cup cherry tomatoes
2 spring onions or 1 red onion
20 parsley stalks
15 mint leaves
2 tablespoons olive oil
1 lemon, juiced
Salt and Pepper
1 clove garlic, crushed
Allspice, to taste
Olive Oil

From the garden
Parsley
Mint
Lemon
Spring onions
Tomatoes
Cucumbers