

Parsley, Tomato and Bulghur Salad (Tabbouleh)

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 30 minutes

Step 1: Bulghur

- 1 1/4 oz (30 g) fine bulghur
- Rinse the bulghur in several changes of cold water, drain well and put in a large salad bowl.

Step 2: Adding tomatoes

- 1lb.5 oz (600g) firm ripe tomatoes, diced into small cubes, 1/4 inch square
 - 1/2 bunch spring onions, finely sliced
- Spread diced tomatoes and their juice over the bulghur, then add the sliced onions.

Step 3: Slicing parsley

- 2 bunches flatleaf parsley, (about 3/4 lb. on the stalk) very thinly sliced
- Slice the parsley in very fine slivers. Hold the bunch, with the leaves under your palm and cut off and discard most of the stalks, leaving about a 1/2 inch length. Take a sharp knife and start slicing the parsley, from the stalk end, as thinly as possible. In order to do this, maintain a tight grip on the parsley as you are cutting it. Put the chopped parsley over the spring onions, looking for any big pieces. Remove these and slice them finely.

Step 4: Adding Mint

- 1/2 bunch mint
- After you finish the parsley, prepare the mint. Strip leaves off the stalks, bunch them together and slice them as thinly as the parsley. Add the sliced mint to the parsley, cover with a clean kitchen towel and leave for about half an hour for the bulghur to absorb the tomato juices and soften.

Step 5: Seasoning

- 1/4 tsp. cinnamon
 - 1/2 tsp. ground allspice
 - 1/2 tsp. finely ground pepper
 - salt
 - 1 lemon, juice only
 - a little olive oil for drizzling
- After 30 minutes, season with cinnamon, allspice, pepper and salt to taste. Add the lemon juice and a little olive oil to taste, and mix together well.
- Taste and adjust seasonings if necessary. Serve immediately.