

Tabbouleh

Season: Summer

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: cucumbers, garlic, lemon, mint, parsley, spring onions, tomatoes

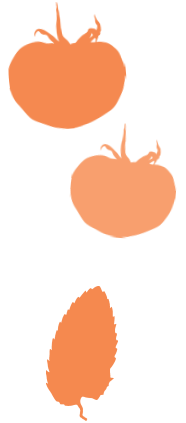
Tangy tabbouleh is perfect in a pita pocket bread with falafel, lamb burgers or labna balls. The burghul makes it more substantial than most salads, and the juicy red tomatoes and the fresh green of abundant parsley make it refreshing as part of a summer lunch. You can also substitute brown rice for burghul if you'd like to make a wheat-free version.

Equipment:

metric measuring cups and spoons
2 clean tea towels
chopping board
knives – 1 cook's, 1 serrated
citrus juicer
bowls – 1 small, 1 large
large strainer
tablespoon
mixing spoon
serving bowls

Ingredients:

1 cup burghul
6 ripe tomatoes, chopped small with the serrated knife
2 large cucumbers or 4 small, chopped small
4 spring onions, finely sliced
2 garlic cloves, peeled and finely chopped
2 large handfuls of parsley, finely chopped
1 handful of mint leaves, finely chopped
juice of a lemon
2 tbsp extra-virgin olive oil
salt, to taste
freshly ground black pepper, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cover the burghul with cold water in the large bowl. Soak for 10 minutes then strain. Press with the back of the tablespoon to squeeze out the rest of the liquid.
3. Tip the burghul onto a clean dry tea towel. Gather up the corners and squeeze out any remaining liquid. Your burghul should be nice and dry and fluffy. Tip it out into the large bowl.
4. Add the tomatoes, cucumbers, spring onions, garlic and herbs to the bowl with the burghul.
5. Mix the lemon juice and oil together in the small bowl, then pour it over the other ingredients.
6. Mix everything together, taste and season accordingly.
7. Divide between serving bowls.

