Tabouli

Super Food Ideas

Ingredients

1/3 cup burghul (cracked wheat)
2 large tomatoes, finely chopped
1/4 cup lemon juice
4 cups chopped fresh flat-leaf parsley leaves
1 cup chopped fresh mint leaves
4 green onions, thinly sliced
1/4 cup olive oil

Method

1. Step 1

   Place burghul, tomato and lemon juice in a bowl. Stand, covered, for 30 minutes or until burghul has softened.

2. Step 2

   Add parsley, mint, onion and oil to burghul mixture. Stir to combine. Serve.