

Tabbouleh



Ingredients

- 80g cooked bulger wheat (40g uncooked)
- 50 g parsley, chopped
- 50g mint, chopped
- 200g tomatoes, deseeded and chopped
- 3 spring onions, chopped
- 1 cucumber, diced
- Grated zest and juice of 1 lemon
- 5 tbsp extra virgin olive oil
- 1 teaspoon sumac

Method

1. Mix all the ingredients together except the sumac, and season well.
2. Sprinkle over the sumac before serving