

Tabouleh

- 1 cup burghul wheat
- 1 ½ cups chopped flat leaf (Italian parsley)
- ½ cup chopped mint
- 2 large tomatoes, finely diced
- 4 spring onions or 1 small red onion, finely chopped
- ½ small Lebanese cucumber, finely diced
- 90 mls lemon juice
- 2 Tbsp olive oil
- ½ tspn salt
- 1 head lettuce (cos or iceberg)

Leave the burghul in water for about 2 hours, then drain. Place in a bowl with the parsley, mint, tomatoes, onions and cucumber. Mix lemon juice, olive oil and salt together; add to bowl with other ingredients. Mix well and serve in a bowl lined with lettuce leaves. Traditionally, tabouleh is eaten by scooping up a bite with a lettuce leaf and popping into the mouth. Serves 4-6.

Hint - For a more substantial meal, add a can of chickpeas.

Health Habits:

- Basing a salad around cracked wheat ensures fibre value is high
- Using only a small amount of oil in the dressing keeps calories lower
- Having a variety of herbs and vegetables ensures a wider variety of nutrients