

Tabbouleh

Ingredients

- 2 cups of cracked wheat
- 1 punnet of cherry tomatoes
- 2 red onions
- 4 cloves of garlic
- 1 bunch of parsley
- 30 mint leaves
- 3 lemons
- ¼ cup of olive oil
- Salt and pepper

Method

1. The cracked wheat for this recipe has been soaked, drained and squeezed dry. 2 cups of wheat should be measured and placed into a large bowl.
2. Wash 1 punnet of cherry tomatoes and cut them into quarters on a chopping board.
3. Peel 2 red onions and chop them finely.
4. Peel and very finely chop 4 cloves of garlic.
5. Rinse 1 large bunch of parsley under the tap, shake it dry over the sink and chop very finely.
6. Rinse 30 mint leaves and shake them dry over the sink, then chop them very finely.
7. Add all ingredients to the bowl of wheat and mix gently together.
8. Make a dressing by adding the juice from 3 lemons, ¼ cup olive oil and salt and pepper to a jam jar.
9. Place lid on jar and shake jar well to mix.
10. Pour the dressing over the salad and stir gently.
11. Serve with some dips and breads.