

Lebanese Taverna Tabouleh

INGREDIENTS:

4 Bunches Parsley, Chopped Fine	4 Tbsps Burghul
1/2 Cup Lemon Juice, Fresh Squeezed	1 Each Romaine Lettuce
2 Tbsps Mint Leaves, Fresh, Fine Chopped	3 Each Tomato, Diced Small
1/4 Cup Olive Oil, Extra Virgin	1/2 each Onion, Chopped
1 Tsp Salt And Pepper, To Taste	

PREPARATION:

1. Clean and strain the bulgur.
2. Soak and strain the parsley several times to clean thoroughly.
3. Put onion, lemon juice, bulgur, 2/3 of diced tomato (reserve 1/3 for garnish), mint leaves, salt and pepper together in a large bowl and mix well.
15 minutes before serving, add the parsley and oil and mix again.
4. Garnish with hearts of Romaine lettuce leaves and diced tomato.

NOTES:

Tabouleh can only be great if the parsley and mint are hand chopped with a very sharp knife to avoid bruising. Traditionally tabouleh is eaten using lettuce, fresh vine leaves or white cabbage as scoops.



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