

COUNT YOUR STEPS

Tabouleh Salad

- 3/4 cup Ziyad Brand Burghul Wheat #2 (medium grade)
- 3 ripe tomatoes
- 1 telegraph cucumber*
- 4 spring onions, sliced
- 4 cups finely chopped fresh flat-leaf parsley
- 1/2 cup finely chopped fresh mint
- 1/3 cup Ziyad brand lemon juice
- 1/4 cup Sultan brand extra virgin olive oil
- 1 1/2 tsp salt
- Black pepper, freshly ground



Place burghul in a bowl, cover with 2 cups water and leave for 1 1/2 hours.

Cut the tomatoes in half, squeeze gently to remove any excess seeds and cut into 1/2 inch cubes. Cut the cucumber in half lengthways, remove the seeds with a teaspoon and cut the flesh into 1/2 inch cubes. For dressing, place the lemon juice and 1 1/2 tsp salt into a bowl and whisk until well combined. Season well with freshly ground black pepper and slowly whisk in the olive oil. Drain the burghul and squeeze out any excess water, spread the burghul out on a clean paper towel and leave to dry for about 30 minutes. Put the burghul in a large salad bowl, add the tomato, cucumber, spring onion, parsley and mint, and toss well to combine. Pour the dressing over the salad and toss until evenly coated.

* Telegraph cucumbers are a very popular long cucumber, wrapped in plastic and often referred to as seedless. (Source: www.ziyadrecipes.com)

