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BRITISH  
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# TABBOULEH



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**Serves 4**

**Preparation time:**

30 minutes

**Cooking time:**

10 minutes

**Ingredients:**

180g cooked bulgur wheat (cooked as per packet instructions)

Grated zest and juice of 1 lemon

4 tbsp rapeseed oil

Salt and freshly milled black pepper

Handful freshly chopped flat-leaf parsley

Grated zest and juice of 2 oranges

½ red onion, peeled and finely diced

50g toasted pine nuts

**Method**

1. Soak the bulgur, place in a medium bowl, and pour on boiling water to cover the bulgur by 1cm, let this soak for 30 mins.
2. Whisk the lemon zest, lemon juice, oil, and seasoning in a small bowl. Add the soaked bulgur wheat, drained if there is excess water.
3. Put the parsley into a large bowl along with the orange zest and juice and onions. Add the bulgur wheat mixture to the orange mixture and toss gently. Top with the pine nuts.
4. Serve immediately or overnight in the fridge to allow the flavours to mingle.