



## Julie's Tabbouleh Recipe

Chef Julie Heathcote, Sunflower Chef Catering

**Servings: 6**

### Ingredients

4 bunches curly parsley (stems removed), coarsely chopped  
3 large tomatoes, diced small  
1 small cucumber, diced small  
1 tablespoon minced garlic  
1 bunch mint leaves, finely chopped  
3 green onions, thinly sliced  
1/3 cup cracked wheat/bulgur  
1 small red onion, diced small  
Juice from 2 lemons or 1/4 cup lemon juice  
1/4 cup olive oil  
Salt and pepper to taste

### Instructions

1. Cook/soak the bulgur until tender (about 20 minutes).
2. Drain and squeeze out excess water.
3. Combine the parsley, tomatoes, cucumbers, garlic, mint, green onions and red onion in a medium bowl with the drained bulgur.
4. Stir in the olive oil, salt and pepper and combine all ingredients until thoroughly incorporated.

It is recommended to prepare a day prior so the flavors can develop. Enjoy this healthy recipe from my Lebanese heritage!

