Treasure Barrel

Fast and Fresh Tabouli Salad

Quick, herb-filled tabouli with lemon zest, perfect for a fresh, light meal.

15 min	15 min	4	Easy	Middle Eastern	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 1 cup fine bulgur wheat
- [ ] 2 cup hot water
- [ ] 1 cup finely chopped flat-leaf parsley
- [ ] 1/2 cup fresh mint leaves, chopped
- [ ] 3 medium tomatoes, seeded and diced
- [ ] 1 cucumber, peeled and diced
- [ ] 4 green onions, thinly sliced
- [ ] 1/3 cup extra-virgin olive oil
- [ ] 1/4 cup fresh lemon juice
- [ ] Salt and pepper to taste

Instructions

1. Place bulgur in a bowl, pour hot water over it, and let sit 10 minutes until tender, then drain well.
2. While bulgur soaks, rinse parsley and mint, then pat dry and chop finely; dice tomatoes, cucumber, and slice green onions.
3. In a large mixing bowl combine softened bulgur, chopped herbs, tomatoes, cucumber, and onions.
4. Whisk olive oil, lemon juice, salt, and pepper together; drizzle over salad and toss gently until everything is coated.
5. Taste and adjust seasoning; let the salad rest 5 minutes for flavors to meld, then serve.

Nutrition per serving

210 kcal	5 g	26 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad feels too dry, add a splash more lemon juice or olive oil.
- Pat the cucumber pieces dry to avoid excess water.
- For extra zing, stir in a pinch of sumac – it reminds me of a sumac salad.