



# Tabbouleh

**Season:** Summer

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** cucumbers, garlic, lemon, mint, parsley, spring onions, tomatoes

Tangy tabbouleh is perfect in a pita pocket bread with falafel, lamb burgers or labna balls. The cracked wheat makes it more substantial than most salads, and the juicy red tomatoes and the fresh green of abundant parsley make it refreshing as part of a summer lunch. You can also substitute brown rice for cracked wheat if you'd like to make a wheat-free version.

## Equipment:

metric measuring cups and spoons  
2 clean tea towels  
chopping board  
knives – 1 cook's, 1 serrated  
citrus juicer  
bowls – 1 small, 1 large  
large strainer  
tablespoon  
mixing spoon  
serving bowls

## Ingredients:

1 cup cracked wheat  
6 ripe tomatoes, chopped small with the serrated knife  
2 large cucumbers or 4 small, chopped small  
4 spring onions, finely sliced  
2 garlic cloves, peeled and finely chopped  
2 large handfuls of parsley, finely chopped  
1 handful of mint leaves, finely chopped  
juice of a lemon  
2 tbsp extra-virgin olive oil  
salt, to taste  
freshly ground black pepper, to taste



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cover the cracked wheat with cold water in the large bowl. Soak for 10 minutes then strain. Press with the back of the tablespoon to squeeze out the rest of the liquid.
3. Tip the cracked wheat onto a clean dry tea towel. Gather up the corners and squeeze out any remaining liquid. Your cracked wheat should be nice and dry and fluffy. Tip it out into the large bowl.
4. Add the tomatoes, cucumbers, spring onions, garlic and herbs to the bowl with the cracked wheat.
5. Mix the lemon juice and oil together in the small bowl, then pour it over the other ingredients.
6. Mix everything together, taste and season accordingly.
7. Divide between serving bowls.

