

Tabbouleh

30—40 Min

Preparation

1. In the first step, bring twice the amount of water as bulgur to the boil in a pot. In the meantime, the bulgur can be placed in a bowl or pot. As soon as the water boils, pour it over the bulgur. Salt the bulgur and cover with cling film. Stand and let it swell for about 20 minutes. Then let the bulgur cool down.
2. In the next step, make a marinade from the lemon juice, herbs and olive oil. Then pour the marinade over the cooled bulgur. Cut cherry tomatoes and add them to the bulgur. Now season with salt and pepper.
3. Then wash, peel and seed the cucumber. Then cut the cucumber into small cubes and add it to the bulgur. Now mix everything together well again.
4. Finally, cut the spring onions into fine rolls, finely chop the garden herbs and garnish the tabbouleh with them.

Ingredients 4 Portions

= Kotányi Produkte

100 g	Bulgur
	Water
8 pcs	Cherry tomatoes
1 pc	Cucumber, seeded
3 tbsp	Lemon juice or vinegar
Tbsp	Olive oil
1 tsp	Parsley, Chopped
1 tsp	Spearmint, Crushed
1 tsp	Basil, Crushed
1 tsp	Dill Fronds, Chopped
0.5 tsp	Cardamom, Ground
1 pinch	Sea Salt, Coarse

For garnish

1 pcs	Spring onion
1 cup	Freshly chopped garden herbs