

The taboule

Recette pour 4 personnes

Description Fresh and full of flavors straight from the Liban.

Ingrédients

For the taboule

- 2 Bunch(es) Flat parsley
- 1 Bunch(es) Mint
- 4 Unit(s) Green onion
- 2 Unit(s) Italian tomatoes
- 30 Ml Boulgour
- 2 Unit(s) Lemon
- 60 Ml Olive oil

- Salt and pepper

Préparations

Temps de préparation **35.00 mins**

Temps de repos ? **60.00 mins**

For the preparations

Mince the onions finelly.Pick and chop the herbs.Empty and dice the tomatoes.Squeeze the lemons, and strain the juice.

For the taboule

In a bowl, put the bulgur and the rest of the vegetables, add the lemon juice and the oliv oil and season it. Reserve in the fridge for one hour.Serve it with some pita bread.

Bon appétit!