

Cucumber Tabbouleh

Jacob · 29/09/2024

**Prep Time**

2 hrs 10 mins

Difficult

Medium

Servings

8

Description

A delicious bulgur salad that is filled with tomatoes green onions and cucumber It is seasoned in the traditional way with fresh mint and lemon juice

Ingredients

- - 1 cup bulgur - 1 ½ cups boiling water - ½ cup olive oil - ½ cup lemon juice - 1 cup chopped green onions - 1 cup chopped fresh parsley - ¼ cup chopped fresh mint - 3 tomatoes
- chopped - 1 cucumber - peeled
- seeded and chopped - 1 teaspoon salt - ground black pepper to taste

Instructions

1. Combine bulgur and boiling water in a large bowl. Cover
2. and set aside to soak for 1 hour. Add oil
3. lemon juice
4. onions
5. parsley
6. mint
7. tomatoes
8. and cucumber; toss to combine. Season to taste with salt and black pepper. Cover
9. and refrigerate for at least 1 hour.