



# Tabbouleh

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 cup of coarse [bulgur](#) (you can use [couscous](#) but bulgur is the real deal and I describe the preparation only of bulgur here)
- 1 cucumber
- 1 onion
- 5-6 tomatoes
- 1 green pepper
- 1 bunch of flat parsley
- 1 lemon
- olive oil
- cumin
- salt and pepper
- green or black olives

## Instructions

- put the bulgur with 1 1/2 cups of water into a pot
  - bring to the boil and simmer then on low temperature for 15 minutes with the lid on top moving once in a while
  - meanwhile finely cut up the tomatoes, onion, cucumber, pepper and parsley and put into a bowl
  - squeeze the lemon and add the juice
  - add a generous serving of olive oil
  - season with salt and pepper
  - take the pot with the bulgur off the heat and let it cool down
  - add the cooled down bulgur to the bowl
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- garnish with olives