

Tabouli Recipe



Ingredients

3 branches of Italian Parsley chopped
2 sprigs of mint chopped
Half an Onion diced or the head of spring onion (eschallot) sliced
1 tomato diced
Juice from half a lemon or 1 lime
½ cup of Couscous (durum wheat)
1 tablespoon of Olive Oil
Salt and Pepper to taste

Method

Combine in a bowl the chopped Parsley, mint, onion or eschallot and diced tomato.

Drizzle over the juice from the lemon or lime. Mix these ingredients well. Add a pinch of salt and pepper then drizzle the Olive oil over the ingredients and mix again.

In a glass cup add ½ cup of water and microwave on high for 1 minute. Remove from microwave and to this add the ½ cup of Couscous. Mix well, put plastic film over the cup and let this rest for 5 minutes. Now remove the plastic film and mix the Couscous again, it should have absorbed the hot water and be ready to add to the other ingredients.

Add the Couscous to the bowl of ingredients and mix well.

You can enjoy this Tabouli straight away or leave refrigerated for at least 4 hours so that all the flavors combine well.

This recipe serves four (4) as a side dish.

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