



# Tabbouleh

Season: Summer

Serves: 30 tastes in the classroom  
or 6 serves at home

Fresh from the garden: cucumbers, garlic, lemons, mint, parsley, spring onions, tomatoes

Recipe Source: Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006).

Tabbouleh needs plenty of parsley. When ready to serve, the mixture should look brightly coloured with the red of the tomatoes and the green of the herbs. Use it to fill pita pocket breads and then add some falafel, lamb burgers or labna balls. You can also substitute brown rice for cracked wheat if you like to make a wheat free version.

## Equipment:

metric measuring spoons and cups  
bowls – 1 small, 1 medium  
large strainer  
tablespoon  
clean tea towel  
chopping board  
knives – 1 cook's, 1 serrated  
citrus juicer  
serving bowl

## Ingredients:

1 cup cracked wheat  
6 tomatoes, diced small  
2 large cucumbers or 4 small, diced small  
4 spring onions, finely sliced  
2 garlic cloves, finely chopped  
1 very large bunch of parsley, finely chopped  
1 handful of mint leaves, finely chopped  
juice of 1 lemon  
2 tbsp extra-virgin olive oil  
salt, to taste  
freshly ground black pepper, to taste



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the cracked wheat in the medium bowl and cover with cold water. Soak for 10 minutes, then tip into the strainer. Press out as much liquid as possible with the back of the tablespoon.
3. Add the tomatoes, cucumbers, spring onions, garlic and herbs to the bowl with the cracked wheat.
4. Mix the lemon juice and oil together in the small bowl to make a dressing, then pour over the other ingredients.
5. Mix everything together, taste and season accordingly.
6. Transfer the tabbouleh to the serving bowl and serve.

