

**Season:** Winter/Spring

# Winter Tabbouleh

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

**Fresh from the garden:** cabbage, carrot, celery, garlic, lemon, mint, parsley, spring onions

**Recipe source:** Adapted from Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006)

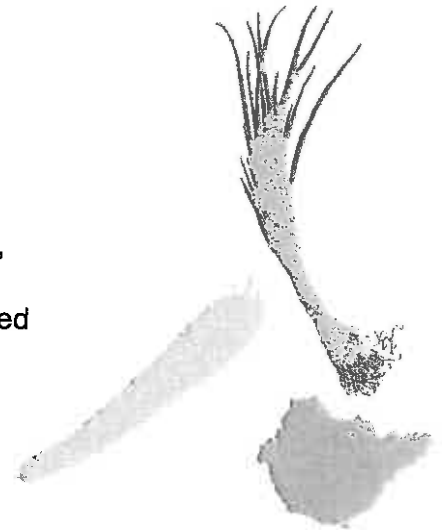
You can fill pita breads with tabbouleh and then add falafel, lamb burgers or labne balls. This version uses winter and spring vegetables that you are likely to have in the garden.

## Equipment:

metric measuring scales  
and spoons  
medium-sized bowl  
2 clean tea towels  
chopping board  
cook's knife  
grater  
juicer  
sieve  
spoon  
large serving bowl  
large spoon  
small bowl  
fork or small whisk

## Ingredients:

90 g burghul, soaked in hot  
water for  
10 minutes  
2 spring onions, thinly sliced  
1 garlic clove, finely chopped  
2 medium carrots, grated  
3 celery stalks, thinly sliced  
1 small cabbage or half  
cabbage, inside leaves only,  
thinly sliced  
10 parsley stalks, leaves picked  
and chopped  
15 mint leaves, leaves picked  
and chopped  
juice of 1 lemon  
2 tbsp extra-virgin olive oil  
¼ tsp salt, to taste  
¼ tsp pepper, to taste



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Drain the burghul in the sieve and press out as much liquid as possible with the back of a spoon.
3. Tip the burghul into a clean thick tea towel and fold it like a sausage. Two people are now needed: each person holds opposite ends of the tea towel and then twists in opposite directions to remove even more liquid from the grain. Do this over a sink.
4. Carefully, unwrap the 'sausage' and empty the burghul into the serving bowl. Add the spring onion, garlic, carrot, celery, cabbage and herbs and stir to combine.
5. Pour the lemon juice and olive oil into the small bowl and whisk to make a dressing.
6. Add the dressing to the bowl and mix everything together. Season with the salt and pepper, to taste, and serve.