

Tabbouleh

Serves 6

2 1/4 cups water
1 1/2 cups bulgur
salt and fresh ground pepper
1 large tomato, large dice
1 small red onion, small dice
2 bunches chopped fresh Italian parsley
juice and zest of 3-4 lemons, or to taste
extra virgin olive oil

Bring water and bulgur to boil in a large saucepot. Season with salt and pepper, cover and turn off heat. Allow to sit for 25-30 minutes, or until water is absorbed and bulgur is tender. In a large bowl, combine the warm bulgur, tomato, red onion, parsley and the juice and zest of 2 lemons. Season well with salt and pepper, drizzle with some extra virgin olive oil and serve.