

# **Tabbouleh**

## **Ingredients**

1 cup couscous  
1 ½ cups water  
2 giant tomatoes or 4 medium tomatoes  
3 cucumbers  
3 spring onions  
2 cloves garlic  
20 stalks parsley  
30 mint leaves  
1 lemon  
4 tablespoon olive oil  
Salt

## **Cooking Couscous**

Boil 1 ½ cups water with a pinch of salt. When the water boils pour in the couscous, turn off the heat and put the lid on. Wait for about 5 minutes or until all the water is absorbed. Then fluff up the couscous with a fork. Place couscous in the large bowl.

## **Preparing parsley**

Pick the bunches of parsley leaves from the stalks and rinse the leaves in a large bowl of water. Dry parsley in the salad spinner. Remove water from salad spinner and spin the parsley again so it is really dry.

On the chopping boards roughly chop parsley. Then use the food processor to finely chop the parsley. You may need to do this in batches. Place chopped parsley in the large bowl with the couscous.

## **Preparing mint, garlic, spring onions and dressing**

Trim the outer layer from the spring onions. Cut off most of the green tops and the ends with the roots on them. Rinse spring onions under the tap. Finely chop the spring onions and add to the couscous.

Wash mint leaves in a bowl of water and then pat them dry in some paper towel. Chop up finely and sprinkle over couscous.

Peel the papery skin off the garlic and squeeze through the garlic press into a small bowl. Mix juice of one lemon with 4 tablespoons of oil in the garlic bowl and add a pinch of salt.

## **Preparing cucumber and tomatoes**

Using a serrated knife chop up the tomatoes into small dice on a plate to catch the juice. Peel and dice the cucumbers. If the seeds in your cucumber are large slice the cucumber lengthwise and cut out the central seedy bit. Add tomato and cucumber pieces to the couscous. Gently stir ingredients together and serve.