

Tabbouleh Salad

Ingredients:

8 oz cracked wheat	DRESSING
1 tsp salt	6 tbsp olive oil
12 fl oz boiling water	4 tbsp fresh lemon juice
	1 small bunch spring onions
	2 tsp salt, 20 grinds pepper
	1 cup of chopped parsley
	2 tbsp fresh mint leaves

Method:

Put the cracked wheat with salt in a large heatproof bowl. Cover with the boiling water & leave until the water is absorbed.

Stir all dressing ingredients together, add the tabbouleh and mix well. Add more salt & lemon juice if necessary.

Chill overnight and garnish with black olives, tomato and cucumber slices.