

## Tabbouleh (تبولة)

Tabbouleh is the most popular Levantine salad, it is especially known in Lebanon and Syria. In Arabic, its name is pronounced just as it is written in English. It is, above all, a parsley salad and the other ingredients are used to enhance the parsley's taste, so be sure of buying the most tender and fresh parsley for your Tabbouleh!



Shopping list (for 4 servings)
2 cups chopped parsley
1 large tomato
1/2 small onion
2 Tbs chopped fresh peppermint leaves (or 1/2 tsp of crushed dried peppermint)
2 Tbs fine-grain bulgur
2 Tbs lemon juice (or to taste)
1/2 tsp sumac
1 pinch black pepper (optional)
1 heart of a Romaine lettuce (for garnishing, optional)
4 Tbs olive oil
Salt to taste

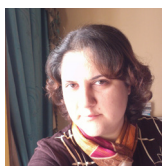
### Method

- 2 hours ahead, wash the bulgur and soak it in warm water
- Finely dice the tomato and onion
- Drain bulgur
- In a large bowl, combine all ingredients except lettuce. Mix well
- Garnish with the leaves of the lettuce heart

(All amounts are flexible and can be modified according to your preference)

Tabbouleh is best served within one hour of preparation. If you would like to prepare it ahead of time, chop the vegetables and keep them in the fridge. Do not add any seasoning until you are about to serve the salad.

صحة وهنا (sahha w hana - bon appétit!)



Contributed by  
**Noura Tawil**

Arabic Syrian translator,  
TWB volunteer translator

One in a series of recipes contributed by our volunteers

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