MIDDLE EASTERN · SIDE · LUNCH

# Lebanese Tabbouleh

30 min · Serves 4 · 200 kcal a serve · Video 5:16 · Feelgoodfoodie

Vegan · No nuts listed

Parsley is the main ingredient, so a serve is very high in vitamin K and high in vitamin C, with olive oil for heart-healthy fat and vitamin E and a little whole-grain bulgur. No cooking and no added sugar.

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## Ingredients 9 · SERVES 4

- [ ] 80 ml extra **virgin olive oil**
- [ ] 3 tbsp **lemon juice**, plus more to taste
- [ ] 35 g **extra-fine #1 bulgur**, dry
- [ ] 2 bunches **parsley**, finely chopped (about 60 g)
- [ ] 1–2 **firm vine-ripe tomatoes**, seeds scooped out, finely diced
- [ ] 2 **green onions**, white and green parts, chopped
- [ ] 8 g **fresh mint leaves**, chopped (optional)
- [ ] about ¼ tsp **salt**, to taste
- [ ] about ¼ tsp **black pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Put the fine bulgur in a small bowl with the lemon juice and olive oil and whisk with a fork. Leave 10–15 minutes so the grain soaks up the dressing and softens. 0:53
2. Chop the parsley very finely by hand (not in a processor) and tip into a serving bowl with the chopped mint and green onions. 1:41
3. Quarter the tomatoes, scoop out the watery seeds, then dice the firm flesh small. Add to the bowl and season the tomatoes with salt and pepper. 2:35
4. Stir in the thickened bulgur mixture; the salad should be mostly green with just specks of bulgur. Taste, add more lemon if you like, and serve with a little extra tomato and a few lemon slices on top. 3:58

> **Tip** Serves 4 is our estimate (the cook's written recipe uses 3 bunches of parsley for 6). Hollowing the tomatoes keeps the salad from going watery; keep the seeds for a sauce. Best eaten the day it is made.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 200 kcal | 1.9 g | 9 g | 2.5 g | 18 g | 160 mg |
| 840 kJ | 4% of a day | 6.4 g net · 1.6 g sugars | 9% of a day | 2.5 g saturated | 7% of a day |
| | | 3% of a day | | 23% of a day | |

**Energy from** net carbs 13% · protein 4% · fat 83% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin K 230% · Vitamin C 35% · Vitamin E 20%

**Source of** (10–19%) Folate 11% · Vitamin A 10%

**Recipe and video:** Feelgoodfoodie (@Feelgoodfoodie) on YouTube — youtube.com/watch?v=tj7HF_iMO5U, published 8 January 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/feelgoodfoodie-tabbouleh