




TRANSFORMING THE

# Healthcare

EXPERIENCE

aramark 

## Classic Tabbouleh



Serves 25 // Preparation/Cooking time: 30 mins

### Nutrition Information per portion

Energy: 197kcal

Sugars: 2.2g

Fat: 15g

Fibre: 2.9g

Saturated Fat: 2.1g

Protein: 2.6g

Carbohydrate: 15.5g

Salt: 0.79g



# Classic Tabbouleh

## INGREDIENTS

- 500g Bulgar Wheat
  - 1 Cucumber (Deseeded & Finely Diced)
  - 4 Tomatoes (Finely Diced)
  - 150g Parsley (Washed & Finely Chopped)
  - 30g Mint (Washed & Finely Chopped)
  - 150ml Olive Oil
  - 2 Lemons (Juice & Zest)
  - 3 Cloves/25g Garlic (Pureed)
  - 1 Bunch Spring Onions (Finely Chopped)
  - Sea Salt/Black Pepper
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## METHOD

1. Soak the bulgar wheat in a bowl with water covering  $\frac{1}{2}$  and inch over and leave for 20 mins or until wheat is soft- strain then.
  2. Combine all the other ingredients in a bowl with the wheat.
  3. Correct the seasoning.
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## Serving Tips/Suggestions

1. Suitable for most meat salads