Plate Dream

Fast and Fresh Tabouli Salad

Crisp parsley, tangy lemon, and wholesome bulgur combine for a fast, fresh Middle Eastern salad.

15 min	15 min	4	Easy	Middle Eastern	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 1 cup fine bulgur wheat
- [ ] 2 cups fresh flat-leaf parsley, finely chopped
- [ ] 1/2 cup fresh mint leaves, chopped
- [ ] 3 ripe medium tomatoes, diced
- [ ] 1 medium cucumber, diced
- [ ] 4 green onions, thinly sliced

For the Dressing

- [ ] 1/3 cup extra-virgin olive oil
- [ ] 1/4 cup freshly squeezed lemon juice
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp ground black pepper

Instructions

1. Place the bulgur in a bowl, pour boiling water over it just to cover, let sit 10 minutes, then drain and press out excess moisture.
2. While bulgur rests, rinse and chop parsley and mint, dice tomatoes and cucumber, and slice green onions.
3. In a small bowl whisk together olive oil, lemon juice, salt, and pepper; let it sit a moment to emulsify.
4. Combine bulgur, herbs, tomatoes, cucumber, and onions in a large mixing bowl; drizzle the dressing over, toss gently until everything is evenly coated.
5. Taste and adjust seasoning, then let the salad rest 5 minutes before serving to let flavors meld.

Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you prefer a crunchier texture, use coarser bulgur and soak for a shorter time.
> - Adding a pinch of sumac can give an extra lemony note.
> - For a heartier version, toss in toasted pine nuts or chickpeas.