

Lebanese tabbouleh

Ingredients

1 large ripe summer tomato
1 pepper
1/2 cucumber
1 small lawyer
1/2 soft onion
1/2 lemon
Olive oil
Fresh aromatic herbs: mint (essential), coriander, basil, parsley
Semolina
Raisins

Preparation

1. Cut the tomato, pepper, cucumber and avocado into small dice and put them in a bowl.
2. Add the very fine chopped onion, and lemon juice.
3. Salt, add a drizzle of olive oil and chopped aromatic herbs. Mix.
4. Cover with a plastic film and let stand for a few hours in the fridge.
5. Prepare the semolina: Put the desired quantity in a bowl, add a drizzle of olive oil and salt, a few raisins and mix with the fork and then pour boiling water until you cover well (1/2 cm above the semolina level).
6. Leave to rest for a few minutes and then hinder the semolina with a fork.
7. Serve the fresh vegetables and semolina aside: everyone makes their dosage on their plate.

Accompagnement

The tabbouleh can be the unique dish of a summer dinner. In this case, it can be served next to raw ham, burrata or any other addition to vary the pleasures and feed the biggest appetites.