

Lebanese Tabbouleh

Ingredients

1 large ripe summer tomato
1 pepper
1/2 cucumber
1 small avocado
1/2 sweet 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 cubes and put them in a salad bowl.
2. Add the very finely chopped onion and the lemon juice.
3. Salt, add a drizzle of olive oil and the chopped aromatic herbs. Mix.
4. Cover with plastic wrap and leave to rest for a few hours in the fridge.
5. Prepare the semolina: put the desired quantity in a salad bowl, add a drizzle of olive oil and salt, a few raisins and mix with a fork then pour boiling water until well covered (1/2 cm above the level of the semolina).
6. Leave to rest for a few minutes then fluff the semolina with a fork.
7. Serve the fresh vegetables and semolina separately: everyone puts their own amount on their plate.

Accompagnement

Tabbouleh can be the unique dish of a summer dinner. In this case, it can be served alongside raw ham, Burrata or any other addition to vary the pleasures and satisfy the biggest appetites.