

Tabbouleh

Ingredients

- 1 cup bulgur
- 1 cup diced cucumber
- 1 cup diced tomato
- 1 teaspoon fine sea salt, divided
- 3 cups parsley (about 3 bunches)
- $\frac{1}{3}$ cup mint
- $\frac{1}{3}$ cup thinly sliced scallion
- $\frac{1}{3}$ cup extra-virgin olive oil
- 3-4 tablespoons lemon juice, to taste
- 1 teaspoon ground cumin
- 1 clove garlic, minced

Instructions

1. Prepare bulgur as directed; drain and cool.
2. Salt cucumber and tomato with $\frac{1}{2}$ teaspoon salt; let sit for 10 minutes.
3. Process parsley and mint in batches until finely chopped, then transfer to a large bowl.
4. Add bulgur and scallion to parsley and mint.
5. Strain cucumber and tomato; add to bowl.
6. Whisk olive oil, lemon juice, garlic, and $\frac{1}{2}$ teaspoon salt; combine with salad.
7. Let sit to blend flavors for 15 minutes before serving. Store refrigerated for up to 4 days.