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# tabouli salad recipe

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Author: [The Mediterranean Dish](#) Prep Time: 20 mins Total Time: 20 mins  
Yield: 6-8 1x



## DESCRIPTION

Traditional tabouli salad recipe with parsley, mint, bulgur wheat, finely chopped vegetables and a zesty dressing. Recipe with step-by-step photos.

## INGREDIENTS

SCALE 1x 2x 3x

- 1/2 cup [extra fine bulgur wheat](#)
- 4 firm Roma tomatoes, very finely chopped
- 1 English cucumber (hothouse cucumber), very finely chopped
- 2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
- 12-15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
- 4 green onions, white and green parts, very finely chopped
- Salt
- 3-4 tbsp lime juice (lemon juice, if you prefer)
- 3-4 tbsp [Early Harvest](#) extra virgin olive oil
- Romaine lettuce leaves to serve, optional

## INSTRUCTIONS

1. Wash the [bulgur wheat](#) and soak it in water for 5-7 minute. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.
2. Very finely chop the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a colander to drain excess juice.
3. Place the chopped vegetables, herbs and green onions in a mixing bowl or dish. Add the bulgur and season with salt. Mix gently.
4. Now add the the lime juice and olive oil and mix again.
5. For best results, cover the tabouli and refrigerate for 30 minutes. Transfer to a serving platter. If you like, serve the tabouli with a side of pita and romaine lettuce leaves, which act as wraps or "boats" for the tabouli.
6. Other appetizers to serve next to tabouli salad: [Hummus](#); [Baba Ganoush](#); or [Roasted Red Pepper Hummus](#)

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NOTES

- The finer you chop the vegetables, the better. See additional tips above.
- To serve a smaller crowd, simply cut the recipe in half.
- You can keep tabouli refrigerated in a tight-lid container for 2 days or so. It’s important to try and drain some of the juice out before refrigerating leftover tabouli.
- **Recommended for this Recipe:** [Early Harvest](#) Greek extra virgin olive oil (from organically grown and processed Koroneiki olives)
- **SAVE!** Try our [Greek Olive Oil Bundle](#)!

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**Keywords:** tabouli salad, tabouli, tabbouleh, tabouli recipe, tabouli salad recipe, tabbouleh salad, tabbouleh salad recipe, middle eastern salad, how to make tabouli

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