



LEBANON

APPETIZER

PRINTABLE RECIPE PDF

Lebanese Tabbouleh

Tabbouleh is a quintessential Lebanese salad that reflects the country's agricultural abundance and Mediterranean climate. Traditionally served as part of

PREP

20 min

COOK

0 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **1/2 cup** bulgur wheat - fine bulgur is preferred
- **1 cup** fresh parsley - finely chopped
- **1/4 cup** fresh mint leaves - finely chopped
- **1 small** tomato - diced
- **1 small** cucumber - diced
- **1 medium** lemon - juiced
- **2 tablespoons** extra virgin olive oil - high-quality oil preferred
- **1/4 teaspoon** salt - adjust to taste
- **1/4 teaspoon** black pepper - freshly ground

WHY THIS WORKS

About this recipe

A printable Lebanese Tabbouleh recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Tabbouleh is a quintessential Lebanese salad that reflects the country's agricultural abundance and Mediterranean climate. Traditionally served as part of a mezze platter, it highlights the vibrant flavors of fresh

ORIGIN & TRADITION

Mediterranean context

Tabbouleh is a quintessential Lebanese salad that reflects the country's agricultural abundance and Mediterranean climate. Traditionally served as part of a mezze platter, it highlights the vibrant flavors of fresh herbs, showcasing the importance of parsley in Lebanese cuisine.

METHOD

Step-by-step instructions

1

Rinse the bulgur wheat under cold water and soak it in a bowl of warm water for about 10-15 minutes until softened. Drain well and squeeze out excess water using your hands.

2

In a large mixing bowl, combine the softened bulgur, chopped parsley, mint, diced tomato, and cucumber.

3

Drizzle the lemon juice and olive oil over the salad, then season it with salt and black pepper to taste.

4

Toss everything together gently until well mixed. Let the salad sit for about 10 minutes to allow flavors to meld before serving.

CHEF'S TIP

Always use fresh herbs and allow the tabbouleh to rest briefly before serving to enhance the flavor.

NUTRITION PER SERVING (EST.)

Calories	150 kcal	Fat	6 g
Protein	4 g	Fiber	5 g
Carbohydrates	22 g	Sodium	200 mg

SERVING SUGGESTION

Traditionally served chilled as part of a mezze spread, pair it with pita bread, hummus, and grilled meats.

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