

Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



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Tabouli

You'll need:

- 1 cup burghal
- 3 tomatoes, chopped
- 1 Lebanese cucumber, chopped
- 4 spring onions, sliced
- 2 cups parsley, chopped
- ½ cup mint, chopped
- ¼ cup lemon juice



Here's what to do:

Cover burghal with water and soak for at least 4 hours. Drain excess water. Add all other ingredients and mix.

