



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevez Lezzetler® Turkish cooking recipes

Taboule

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2 cups bulgur, for pilaf
1 medium onion
4 medium tomatoes
Juice of a lemon
1 bunch parsley
1/2 bunch fresh mint
1/3 cup olive oil
1 tsp salt
3 + 1/2 cups water

Put 3 + 1/2 cups water and salt into a pot. When the water reaches to the boiling point, add washed bulgur in it. Cook it over medium heat for 10 minutes, then remove it from the stove.
When the boiled bulgur cools down, dice or slice the onion, green onions, parsley, mint and tomatoes.
Then add the chopped or sliced vegetables into the tepid bulgur, add olive oil and lemon juice also, stir it.
Serve it tepid.

Note: Taboule is a recipe of Lebanon Cuisine.