

World's Best Tabbouli / Tabouli / Tabbouleh / Tabouleh Salad



By blucoat on June 29, 2009

★★★★★ 7 Reviews



Prep Time: 15 mins **Total Time:** 20 mins **Servings:** 8

About This Recipe

"This was one of the most popular dishes at Nancy Mehagian's vegetarian restaurant on the island of Ibiza and she shared it in her book "Siren's Feast: An Edible Odyssey". There are two secret (and essential) ingredients in this recipe - fine bulgur (which has the added benefit of cooking quickly) and tamari soy sauce. This really is the best tabbouleh you will ever make! Dish should be chilled before serving."

Ingredients

- 2 cups fine bulgur (#1 grind)
- 2 cups boiling water
- 1 bunch green onions, sliced finely
- 1 medium onions, chopped finely
- 1 bunch parsley, stems removed, chopped finely
- 1 bunch fresh mint leaves, chopped finely
- 2 large tomatoes, chopped or 2 cups cherry tomatoes, quartered
- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 2 lemons, juice of
- 1 tablespoon tamari soy sauce
- salt and pepper
- 1 dash cayenne pepper (optional)

Directions

1. Place bulgur in a large mixing bowl. Cover with boiling water and let stand 5 to 10 minutes, then fluff grains with a wooden spoon.
2. Add onions, parsley, mint, and tomatoes and mix well.
3. Finally, add the rest of the ingredients one at a time. Mix thoroughly. Chill in the refrigerator and toss once again before serving.