

Fatima's Tabbouleh

This light, herby salad has been one of Fatima's favorites for as long as she can remember. It's incredibly healthy and perfect for spring and summertime! The secret is very dry herbs, a very sharp knife and just a sprinkling of lemony bulgur. From April to June, you may be able to find *janarek*, unripe baby plums at an Arabic market near you - otherwise, it's traditionally made with tomatoes!

Serves 4

3 tablespoons #1 fine bulgur
1 tablespoon water
3 tablespoons lemon juice
¼ teaspoon salt
2 tablespoons blended oil or 1 tablespoon olive oil, 1 tablespoon neutral oil like canola or vegetable
1 bunch parsley (75g), washed and dried very well
3 sprigs mint (10g), washed and dried very well
4 large *janarek*, unripe baby plums, or cocktail tomatoes (100g)



1. Measure the bulgur into a small bowl. Top with the water, lemon juice, salt and oil and mix to combine. Set the bowl aside to allow the bulgur to swell and absorb all the liquid, about 10-15 minutes.
2. Gather the parsley into a neat bunch, arranging all the stems together like a bouquet. Cut the fibrous stems away, then hold the bunch together with a claw-like grip and slice through, cutting it into very thin ribbons. An extremely sharp knife is your greatest ally in this endeavor! It will cut cleanly, leaving the parsley dry and fluffy, whereas a blunt knife will mash it to a damp pile. Scoop the parsley into your serving bowl.
3. Gather the mint into a little pile and slice thinly through it in the same way. You want about 1 part mint to 8 parts parsley. Add it to the bowl and mix the herbs together to keep the mint from blackening.
4. Slice the *janarek* away from their pits and cut them into a small dice, about ¼ inch. If you're using tomatoes, scoop out their seeds, as they'll bog down the tabbouleh and make it too wet, then cut them into the same small dice. Add them to the serving bowl with the herbs.
5. Taste the bulgur. It should be a little toothsome but not crunchy. If it's still crunchy, wait a couple more minutes for it to soften, then add it to the serving bowl and toss it with the herbs and *janarek* or tomatoes. The bulgur will continue to soften a little more as it absorbs the moisture from the salad.
6. Taste the *tabbouleh* and adjust the lemon juice and salt to your liking. Neaten up the bowl, garnish with a sprig of mint and serve!

* Make ahead tip: If you want to prepare *tabbouleh* earlier in the day, put the bulgur and its dressing at the bottom of your serving bowl, layer the diced *janarek* or tomatoes on top, then cover with the finely diced herbs & a damp paper towel. It can hold in the fridge like this for several hours. When you're ready to serve, just toss it all together!

Sahtein wahuna (enjoy in good health)!

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