

TABBOULEH

100g Crazy Jack Bulgar Wheat
4 spring onions, finely chopped
1 bunch flat-leaf parsley, chopped
1 bunch mint, chopped
1 cucumber, deseeded and diced
2 cloves garlic, crushed
4 tbsp Crazy Jack Lemon Juice
6 tbsp extra virgin olive oil
1 tbsp Sanchi Tamari
Salt & Pepper

1. Prepare the Bulgar wheat. Place in a bowl, cover with cold water and leave for one hour. Drain in a colander lined with a tea towel and squeeze out any excess water.
2. In a large bowl, mix the onions, herbs, cucumber and garlic into the bulgar. Combine the lemon juice, olive oil and tamari, and pour over the salad.
3. Season well, toss and leave for one hour for the flavours to develop. Taste and adjust the seasoning before serving