



Rocket Tabouli

Ingredients

2 cups of finely chopped rocket

1 cup finely chopped parsley

1 large diced tomato

1 small red onion, finely diced

2 tablespoons burghul*

Juice of one lemon

1 tablespoon olive oil

4 leaves fresh mint finely chopped

Sea salt & black pepper

Method

Place burghul in strainer and wash under running water, tip in a cup, add lemon juice to soak and put aside.

Place the rest of the ingredients in a bowl, add olive oil, soaked burghul and season to taste with salt and pepper.

*Burghul, also known as bulghur wheat, is a “rice staple” used in meals from the middle-east in ways similar to couscous. It can be found in supermarkets and also in specialty food stores