

# tabouli salad recipe



4.9 from 27 reviews



Author: [The Mediterranean Dish](#) Prep Time: 20 mins Total Time: 20 mins Yield: 6-8

## DESCRIPTION

Traditional tabouli salad recipe with parsley, mint, bulgur wheat, finely chopped vegetables and a zesty dressing. Recipe with step-by-step photos.



SCALE

## INGREDIENTS

½ cup [extra fine bulgur wheat](#)  
4 firm Roma tomatoes, very finely chopped  
1 English cucumber (hothouse cucumber), very finely chopped  
2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped  
12-15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped  
4 green onions, white and green parts, very finely chopped  
Salt  
3-4 tbsp lime juice (lemon juice, if you prefer)  
3-4 tbsp [Early Harvest](#) extra virgin olive oil  
Romaine lettuce leaves to serve, optional

## INSTRUCTIONS

- 1 Wash the [bulgur wheat](#) and soak it in water for 5-7 minute. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.
- 2 Very finely chop the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a colander to drain excess juice.
- 3 Place the chopped vegetables, herbs and green onions in a mixing bowl or dish. Add the bulgur and season with salt. Mix gently.
- 4 Now add the the lime juice and olive oil and mix again.
- 5 For best results, cover the tabouli and refrigerate for 30 minutes. Transfer to a serving platter. If you like, serve the tabouli with a side of pita and romaine lettuce leaves, which act as wraps or “boats” for the tabouli.
- 6 Other appetizers to serve next to tabouli salad: [Hummus](#); [Baba Ganoush](#); or [Roasted Red Pepper Hummus](#)

## NOTES

The finer you chop the vegetables, the better. See additional tips above.

To serve a smaller crowd, simply cut the recipe in half.

You can keep tabouli refrigerated in a tight-lid container for 2 days or so. It's important to try and drain some of the juice out before refrigerating leftover tabouli.

Recommended for this Recipe: [Early Harvest](#) Greek extra virgin olive oil (from organically grown and processed Koroneiki olives)

SAVE! Try our [Greek Olive Oil Bundle!](#)



*Category:* Salad



*Cuisine:* Middle Eastern

# Nutrition Facts

Serves 6

## Amount Per Serving

**Calories** 190

**% Daily Value\***

**Total Fat** 10g **15%**

Trans Fat 0g

**Total Carbohydrate** 25.5g **8%**

Dietary Fiber 3.1g **12%**

Sugars 8.5g

**Protein** 3.2g **6%**

Vitamin A 3% Vitamin C 13%

Calcium 2% Iron 6%

Magnesium 9% Potassium 6%

Zinc 4% Phosphorus 9%

Thiamin (B1) 8% Riboflavin (B2) 3%

Niacin (B3) 7% Vitamin B6 6%

Folic Acid (B9) 4% Vitamin E 2%

Vitamin K 42%

**Keywords:** tabouli salad, tabouli, tabbouleh, tabouli recipe, tabouli salad recipe, tabbouleh salad, tabbouleh salad recipe, middle eastern salad, how to make tabouli

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