

# carrot & cabbage 'tabbouleh'

## **Equipment:**

chopping board, knife, measuring spoons & cups, sieve, bowl, salad spinner

## **Ingredients:**

1/3 cup cracked wheat (burghul)                      hot water from kettle  
1 spring onion  
1 clove garlic, finely chopped  
1 or 2 carrots (about 150gms)  
1 pale inner stick celery  
about 150gms cabbage  
1/4 cup chopped parsley (approx. 2-3 stalks)  
approx. 10 leaves thinly sliced mint  
a big squeeze of lemon juice  
a dash of olive oil  
salt & pepper to taste

## **Method:**

Place burghul in a medium- sized mixing bowl and cover with hot water. Soak for 30 minutes, then drain in a sieve. Press out as much liquid as possible with the back of a spoon. Tip burghul onto the middle of a thick tea towel and fold it over to wrap and enclose it, like a sausage. Get a person on each end of the tea-towel sausage, and twist in opposite directions to remove more liquid from the grain. Carefully unwrap tea towel so as to not lose any burghul. Carefully shake into the rinsed and dried soaking bowl. Finely chop garlic and spring onion, and add. Grate carrot in the food processor, and add to burghul. Slice celery and cabbage as thinly as possible. Add to bowl, along with the parsley and mint. Mix olive oil and lemon juice, and stir through salad. Taste for salt and pepper, then season if desired and serve.

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