

# Tabbouleh salad

(Serves 6 as side dish or 3 as main dish)

Promote production of acetate and propionate with this recipe rich in arabinoxylan.



## Ingredients:

- $\frac{2}{3}$  cup bulgur wheat
- 1 cup diced cucumber
- 1 cup diced tomato
- 4 cups of chopped parsley
- $\frac{1}{3}$  cup chopped fresh mint
- $\frac{1}{3}$  cup thinly sliced green onion
- $\frac{1}{3}$  cup extra virgin olive oil
- 4 tbsp lemon juice, or to taste
- 1 minced garlic clove
- 1 tsp salt
- $\frac{1}{2}$  tsp black pepper

## Method:

- Cook the bulgur wheat depending on packet instructions (*note: this will differ for fine, medium and coarse grains*). Drain and set aside to cool.
- Meanwhile, stir the cucumber, tomato, and  $\frac{1}{2}$  tsp salt in a bowl to combine. Set aside for 10 minutes.
- In another bowl, combine the cooled bulgur wheat, mint, parsley and onion.
- Discard any juice from the bottom of the cucumber and tomato bowl and then add the cucumber and tomato to the other ingredients.
- In a measuring cup, whisk together the lemon juice, garlic, olive oil,  $\frac{1}{2}$  tsp salt and black pepper. Pour over salad and stir to combine.