

# Tabouleh

## Ingredients

255g/9oz bulgar wheat

4 spring onions, trimmed and sliced

4 medium tomatoes

handful of mixed, soft herbs such as parsley or mint chopped

1 lemon, juice only

1 tbsp Olive oil

freshly ground black pepper

## Method

Cook the bulgar wheat according to packet instructions. Place in a bowl and mix in the other ingredients. It can be served warm or left to cool and serve.

