

Colourful Tabbouleh

Total time **60 mins** 15 mins preparation time **30 mins** resting time **15 mins** cooking time

INGREDIENTS

4 portion(s)

150 g	Bulgar wheat
300 ml	water
1 dash	Kikkoman Naturally Brewed Soy Sauce
150 g	Cherry Tomatoes
2	Spring Onions
1	Cucumber
1 bunch	of Mint
0.5 bunch	of Parsley
For the Dressing:	
	Zest and Juice of 1 Lemon
5 tbsp	Olive Oil
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
	Black Pepper for Seasoning

PREPARATION

Step 1

Bring the water to the boil in a saucepan. Once the water is boiling, add a pinch of salt and add the bulgar wheat, then remove from the heat. Cover and rest until the bulgur wheat has absorbed the water. Once absorbed leave to cool.

Step 2

Quarter the cherry tomatoes. Chop the spring onions into thin rings. Peel the cucumber and cut into small cubes. Finely chop the mint and parsley leaves.

Step 3

For the dressing, simply mix the dressing ingredients together until combined.

Step 4

Place the bulgar wheat, dressing and all the salad ingredients in a large bowl and mix well. Season to taste. Leave the tabbouleh for 30 minutes and then serve.