Bite Spoon

Fast & Fresh Tabouli Salad

Quick, vibrant Tabouli Salad with herbs, tomatoes, and zesty lemon dressing—perfect for a light snack.

15 min	15 min	4	Easy	Middle Eastern	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 1 cup fine bulgur wheat
- [ ] 2 cups fresh parsley, flat-leaf, chopped
- [ ] 1/2 cup fresh mint leaves, chopped
- [ ] 3 medium tomatoes, diced
- [ ] 4 green onions, thinly sliced
- [ ] 1/2 cup cucumber, finely diced

Dressing

- [ ] 1/4 cup extra-virgin olive oil
- [ ] 1/4 cup freshly squeezed lemon juice
- [ ] 1 tsp sea salt
- [ ] 1/4 tsp black pepper

Instructions

1. Place bulgur in a bowl, cover with warm water, and let soak for 10-12 minutes until tender. Drain any excess water.
2. While bulgur rests, wash parsley and mint, pat dry, then finely chop. Dice tomatoes, cucumber, and slice green onions.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper. Let the dressing sit a moment while you assemble the salad.
4. Combine bulgur, herbs, tomatoes, cucumber, and onions in a large mixing bowl. Drizzle the lemon-olive oil dressing over everything and gently toss until evenly coated.
5. Taste and adjust seasoning if needed, then let the salad rest for 10 minutes to allow flavors to meld.

Nutrition per serving

180 kcal	5 g	20 g	8 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
>
> - If you prefer a milder flavor, reduce the lemon juice by half.
> - A pinch of sumac adds a subtle smoky tang—optional but delightful.
> - For a heartier version, add a handful of toasted pine nuts for crunch.