



pohlmans.com.au



Strawberry Tabbouleh

using Magic Mixes Edibles Pretty the Plate

Ingredients

- ½ cup bulgur wheat
- ¼ cup fresh lemon juice + 1 tsp lemon zest
- ¼ cup extra virgin olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- 1½ cups strawberries
- 1½ cups finely chopped Parsley Afro (feel free to adjust to taste)
- 1 cucumber, peeled, seeded, and medium-diced
- ½ red onion, finely diced
- 1 handful Viola flowers

Method

1. Soak the bulgur. Place in a small bowl and pour in boiling water, then put aside to soak for about 20 minutes or until softened but still chewy.
2. Whisk together lemon juice, lemon zest, olive oil, salt and pepper.
3. In a large bowl, add the rest of the ingredients; mix well.
4. Stir in dressing and toss to coat. Taste for seasoning. Cover and refrigerate. The flavour will improve over time.
5. Decorate with more strawberries and Violas before serving