The simplest way...

to make tabbouleh.

Ingredients
1 cup cracked wheat (bulgar)
2 large ripe tomatoes, diced
1 small cucumber, diced
3 spring onions, finely sliced
1 bunch parsley, chopped
1 bunch mint, chopped
2 tbsp lemon juice
1 tbsp olive oil

Method
Cover the cracked wheat with water and soak for 15 minutes || Mix with remaining ingredients and serve chilled || Makes a great addition to your kids' lunch box – add to sandwiches/wraps or send in a small container.

Tips
For best results, use flat leaf parsley when available. For a more substantial meal: add 425g can drained chickpeas; or serve with grilled fish or meat and flatbread.

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