



Ingredients

Quantity
Measure
Ingredients

2	Flakes	Garlic
3/4	Teacup	Lapsi (Broken wheat, Bulgur) *
3	Tablespoon	Lime Juice
1	Bunch	Mint Leaves (Pudina)
1	Tablespoon	Olive Oil
4	Nos	Onion Leeks
1	Bunch Parsley	
1	Teaspoon	Pepper Powder
1	Salt-Spoon	Salt
3	Ball	Tomatoes

Method

* Bulgur: see note in Glossary/Staple Foods

Cover bulgur (whole wheat) with warm water and soak for 15 minutes. Squeeze out excess water. Mix in the lemon juice, crushed garlic, salt and pepper. Allow this to rest until bulgur is soft, about 30 minutes.

Wash the mint and parsley well and dry it. Chop parsley ([bagdoonis](#)) and mint finely using a knife or food processor (if using a food processor it helps to use the pulse in order to prevent chopping to fine and turning the herbs to a puree).

Combine the mint, parsley, scallions (both white part and leaves - finely sliced) and tomatoes, sliced and bulgur mixture. Toss with olive oil as desired. Add lemon juice, salt or pepper as desired to adjust the taste.

Serve with small romaine lettuce leaves, use them as scoops.

Knowing your neighbour's food and tastes, brings humanity together !