

Tabbouleh salad

(Serves 6 as side dish or 3 as main dish)

Promote production of acetate and propionate with this recipe rich in arabinoxylan.



Ingredients:

- $\frac{2}{3}$ cup bulgur wheat
- 1 cup diced cucumber
- 1 cup diced tomato
- 4 cups of chopped parsley
- $\frac{1}{3}$ cup chopped fresh mint
- $\frac{1}{3}$ cup thinly sliced green onion
- $\frac{1}{3}$ cup extra virgin olive oil
- 4 tbsp lemon juice, or to taste
- 1 minced garlic clove
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper

Method:

1. Cook the bulgur wheat depending on packet instructions (note: this will differ for fine, medium and coarse grains). Drain and set aside to cool.
2. Meanwhile, stir the cucumber, tomato, and $\frac{1}{2}$ tsp salt in a bowl to combine. Set aside for 10 minutes.
3. In another bowl, combine the cooled bulgur wheat, mint, parsley and onion.
4. Discard any juice from the bottom of the cucumber and tomato bowl and then add the cucumber and tomato to the other ingredients.
5. In a measuring cup, whisk together the lemon juice, garlic, olive oil, $\frac{1}{2}$ tsp salt and black pepper. Pour over salad and stir to combine.