

## TABBOULEH // PARSLEY SALAD

7oz/200g tender flat-leaf parsley, from 4 bunches  
0.25oz/7g fresh mint leaves, half a bunch  
3oz/85g red onion, finely diced (can use white onion)  
2oz/60g Anaheim chile pepper, finely diced  
10.5oz/300g firm but ripe tomatoes, finely diced  
3-to-4 tablespoons fine dark red bulgur  
1/4-to-1/2 teaspoon lemon zest  
10 tablespoons lemon juice, squeezed right before using  
10 tablespoons extra-virgin olive oil  
1 1/4 teaspoons salt  
1/4 teaspoon black pepper  
1/2-to-1 teaspoon red Aleppo pepper  
a dash of allspice

Toss finely diced onions and black pepper into a bowl and set aside until ready to use.

Triple wash herbs in salted cold water, or with a dash of white vinegar, and dry very well on kitchen towels. Use a sharp knife to slice parsley leaves and fine stems into thin strips. Be careful not to bruise herbs grab enough parsley you can comfortably hold with your hand, gently fold into a tight bundle on a chopping board, without pressing down, and cut using a slow rocking motion as you move the knife down. Sprinkle into a bowl to separate ribbons.

Separate mint leaves from stem, stack on top of each other and once again slice crosswise into thin strips. Transfer parsley, mint and remaining ingredients into bowl with onions and toss gently to combine.

Tabbouleh is best served immediately but is equally delicious the same day or even the following day.