

# Tabbouleh

(kids version)



CHEF+TEACHER  
**CAT CLARKE**  
plant+grow+learn

DIFFICULTY: Easy (Adult supervision)

SERVES: 4

SEASON: All year round

PREP TIME: 25 minutes

COOKING TIME:

SUBSTITUTES: You can add a variety of beans or peas to this salad to give extra bounce

## EQUIPMENT:

Chopping board  
Knife  
Bowls

## INGREDIENTS:

1 cup fine or coarse cracked wheat  
2 tomatoes, diced  
1 small cucumber, diced  
1 large handful parsley, chopped  
Large handful mint leaves, chopped  
1 lemon, juice and rind  
2 cloves of garlic  
1 tbsp olive oil  
Salt  
Ground black pepper

## METHOD:

- Grab your big person or adult and wash your hands, tie your hair up and put your apron on
- Set up your workspace, with chopping board and knife.
- Collect all of your ingredients.
- Dice (small cubes) the cucumber and tomatoes.
- Chop the parsley and mint.
- Add all of the ingredients into a bowl, sprinkle some salt and pepper on top. Mix and its ready.
- Add some lettuce if you like. Grilled chicken. Or you can even grill haloumi for something different. Try it, I think you'll like it.

Parsley is one of my favourite herbs. Good job for trying something new and for your amazing cutting skills  
Well done super junior chef.