



Chickpea tabbouleh

10'
Hands on

12 hours'
Hands off

2-4
Portion(s)

1
Difficulty



Method

- Put the chickpeas into a [bowl](#) and fill it with cold water. Add salt and set them aside to soak for 6-12 hours. Drain and rinse.
- In a pot with boiling water, add the chickpeas and boil them for 30-40 minutes.
- In a bowl add the bulgur wheat along with the boiling water, salt and pepper, cover it with plastic wrap, and allow 30 minutes for the bulgur to absorb the whole water.
- Finely chop the parsley, the mint, the spring onion, and add them to the bowl.
- Add the olive oil, the chickpeas, and the lemon juice into the bowl.
- Mix well and check the seasoning.
- Serve.

Ingredients

- 100 g chickpeas
- 100 g bulgur wheat
- 200 g water, boiling
- salt
- pepper
- 100 g parsley
- 25 g mint
- 3 spring onions
- 6 tablespoon(s) olive oil
- lemon juice, of 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

364 Calories (kcal)	21.0 Total Fat (g)	2.9 Saturated Fat (g)	30.0 Total Carbs (g)
18%	30%	15%	12%
1.8 Sugars (g)	9.6 Protein (g)	6.4 Fibre (g)	0.04 Sodium (g)
2%	19%	26%	1%