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Lebanese tabbouleh — standardised recipe and tasting card

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An IUOAMC Magazine practical guide to making four side portions of Lebanese tabbouleh and assessing texture, acidity and flavour balance.

Estimated nutrition

Approximately 134 kcal per side portion, or 534 kcal for the whole recipe when divided into four equal portions. The estimate uses the listed ingredient weights and varies especially with the amount of olive oil used.

Nutritional benefits

Parsley provides vitamins C and K. Bulgur and vegetables contribute dietary fibre, and olive oil provides monounsaturated fats.

Nutrient data source — USDA FoodData Central.

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Ingredients for four side portions

Ingredient	Weight in grams
Parsley, washed and dried, thick stems removed	140
Mint leaves, washed and dried	15
Firm tomatoes	160
Spring onions	30
Fine bulgur, dry weight	35
Lemon juice	45
Extra virgin olive oil	35
Fine salt	3

Bulgur contains wheat and gluten.

Preparation



Tabbouleh during preparation, before adding the bulgur.

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1. Prepare the fine bulgur according to the packet instructions until tender. Drain excess water and let it cool if hot water was used. Reserve the lemon juice for the dressing.
2. Chop the parsley and mint with a sharp knife. Finely dice the tomatoes and drain excess liquid, then slice the spring onions.
3. Gently toss the herbs, vegetables and bulgur. Add the lemon juice, olive oil and salt just before serving.

Tasting card

- Texture: tender, distinct herbs, soft bulgur without clumps, and no pooling liquid.
- Acidity: a clear lemon note with parsley and mint aromas still recognisable.
- Balance: the oil lightly coats the ingredients and the salt brings out the flavour of the vegetables.

Comparison exercise

Split one batch into two equal samples and add extra lemon juice to just one. Serve both at the same time. For each sample, rate the intensity of acidity from 1 (mild) to 5 (strong) and note how clearly you can detect the herbs.

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