KIKKOMAN

Tabouleh Salad with herbs, tomatoes and peppers

Total time **25 mins** **25 mins** preparation time

Nutritional facts (per portion):
1,077 kJ / 257 kcal

INGREDIENTS

4 portion(s)

200 g	bulgur wheat
1	large red pepper
1	tomato
1 bunch	parsley
2	sprigs fresh mint
Dressing:	
2 tbsp	olive oil
1 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tbsp	freshly ground pepper

PREPARATION

Step 1

Rinse bulgur on a sieve. Then put it into a pan, pour in 250 ml water and cook for 15 minutes over low heat until the water is absorbed.

Step 2

Meanwhile, dice the pepper and tomato, and finely chop the parsley and mint. Thoroughly mix the olive oil with the pepper and Ponzu Lemon sauce.

Step 3

Mix the cooled bulgur with herbs and vegetables, then season with the dressing. It can be served cold.