

# *Lebanese tabbouleh*

## *Ingredients*

1 large ripe summer tomato  
1 pepper  
1/2 cucumber  
1 small lawyer  
1/2 soft onion  
1/2 lemon  
Olive oil  
Fresh aromatic herbs: mint (essential), coriander, basil, parsley  
Semolina  
Raisins

## *Preparation*

1. Cut the tomato, pepper, cucumber and avocado into small dice and put them in a bowl.
2. Add the very fine chopped onion, and lemon juice.
3. Salt, add a drizzle of olive oil and chopped aromatic herbs. Mix.
4. Cover with a plastic film and let stand for a few hours in the fridge.
5. Prepare the semolina: Put the desired quantity in a bowl, add a drizzle of olive oil and salt, a few raisins and mix with the fork and then pour boiling water until you cover well (1/2 cm above the semolina level).
6. Leave to rest for a few minutes and then hinder the semolina with a fork.
7. Serve the fresh vegetables and semolina aside: everyone makes their dosage on their plate.

## *Accompagnement*

The tabbouleh can be the unique dish of a summer dinner. In this case, it can be served next to raw ham, burrata or any other addition to vary the pleasures and feed the biggest appetites.