

## Parsley Salad (Tabbouleh)

- Bulgur - 1/4 cup
- Boiling water - 1/2 cup
- Parsley - 1 cup, finely chopped and tightly packed
- Mint - 1/2 cup, finely chopped
- Onion - 1/2, finely chopped
- Tomatoes - 3, finely chopped, allow the water to drain
- Lemon juice - 3-4 tbsps.
- Olive oil - 2 tbsps.
- Salt to taste
- Cinnamon powder - large pinch (optional)
- Pepper powder - pinch

1. Bring water to a boil. Add salt to taste and bulgur or couscous. Remove from heat and place lid. Keep aside for 15 to 20 minutes. Remove lid and use a fork to loosen the fluffy bulgur. Keep aside.
2. In a bowl, add chopped onions, chopped tomatoes, chopped parsley, chopped mint, olive oil, lemon juice, pepper powder and cinnamon powder and mix.
3. Add the bulgur or couscous and mix. Serve immediately.

## Parsley Pesto

- 1 cup fresh basil leaves, loosely packed
- 1/2 cup fresh parsley, loosely packed
- 2 tablespoons fresh chives, chopped
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup olive oil

1. Place basil, parsley, lemon juice, salt and pepper in a food processor and pulse 3-4 times or until herbs are chopped.
2. Turn food processor on and gradually add olive oil until a loose paste forms.

## Chimichurri

1 cup fresh (flat-leaf) parsley leaves, tightly packed  
2 Tbsp. fresh oregano leaves, tightly packed  
3 cloves of garlic  
2 Tbsp. red wine vinegar  
1/4 tsp sea salt  
1/4 tsp freshly-ground black pepper  
1/2 tsp red pepper flakes  
1/2 cup good-quality olive oil

Place all ingredients in food processor except for the olive oil. Pulse until finely chopped. Transfer to a jar or bowl, and whisk in olive oil until combined. Use immediately or refrigerate for up to one week.

## Parsley, Chickpea, and Feta Salad

- 1 medium onion, diced
- 3 cloves garlic
- 1 1/2 tbs olive oil
- Pinch red chili flakes
- 2 14oz tins of chickpeas
- 4 spring onions (scallions), green part only, chopped
- 1 cup chopped parsley
- Juice of one lemon 5 ounces feta
- Salt and pepper

Heat 1 tablespoon of olive oil and cook the red onion till lightly golden. Add garlic and chili and cook till the garlic is fragrant. Set aside to cool so it doesn't melt the feta when you mix it in.

Drain the chickpeas, rinse and place in the salad bowl. Add crumbled feta, spring onion, parsley and lemon juice, season with salt and pepper. Add the cooled onion and garlic mixture and remaining oil and mix well.