

Jean-Pierre Bernard's Taboulé

Ingredients

- 500g tomatoes
- 3 lemons
- 400g durum wheat flour (semolina)
- 200ml of olive oil
- 1 large spring onion (French spring onions tend to be on the large side, so you may need several of the UK variety)
- (mint)

Method

- 1 - Put the durum wheat flour in a bowl, mix with the oil, then add the lemon juice.
 - 2 - Finely dice the tomatoes and add them, with the juice, to the semolina.
 - 3 - Add the finely chopped onion.
 - 4 - Put in the fridge for about 2 hours.
 - 5 - Mix together every now and then.
 - 6 - Add the mint if you wish.
- You can add some chickpeas to make a complete vegetarian meal.