

Cauliflower & Green Herb Tabbouleh with Lemon & Olive Oil Dressing



This fresh, light and gluten-free recipe is very adaptable and can be bulked up with cooked whole lentils, flageolet beans or chickpeas, which add taste plus a boost of protein, calcium and iron.

Serves: 4-6

Profitability:

Author: Jane Easton at Viva!

Ingredients:

500g cauliflower, washed & roughly chopped

75g fresh parsley, finely chopped

20g fresh mint, finely chopped

1 red onion, finely chopped

15 cherry tomatoes, quartered

¼ cucumber, chopped

10-12 kalamata or other olives, pitted (optional)

3 tbsp olive oil

1½ lemons, juiced

Sea salt

Pinch sugar or drizzle agave

Pomegranate seeds

Steps:

Place the cauliflower in a food processor and pulse until you have coarse grains, about the size of couscous. Don't over blend

Place the herbs in a serving bowl with the onion, tomatoes, cucumber and olives. Stir in the cauliflower, olive oil and lemon juice. Season with salt to taste

Serve chilled. Add more lemon juice if desired, sprinkle with pomegranate seeds and serve with dairy-free yoghurt and flat bread