



WINTER TABBOULEH

LUNCH | PREP 20MIN | COOK 5MIN | SERVES 4

INGREDIENTS

- 1/4 cup of raisins
- 1 cup of bulgur wheat
- 1 half of a cauliflower, cut into small florets
- 1 small fennel bulb, trimmed, coarse and white part thinly sliced
- 1 lemon, juiced
- 1/4 cup of chopped parsley
- 1/4 cup of mint leaves, chopped
- 3 spring onions, finely chopped
- 1/2 cup of chopped walnuts, toasted

DRESSING

- 1 small garlic clove, finely chopped
- 1/4 tsp of ground cumin
- 1/4 tsp of ground cinnamon
- 1 tsp honey
- 4 Tbsp extra virgin olive oil

DIRECTIONS

Put the raisins in a bowl and cover with boiling water. Leave to soak for 20 mins.

Meanwhile, put the bulgur in a second bowl and pour over enough boiling water to cover, soak for about 15 minutes. Drain and transfer to a serving bowl. Add the cauliflower florets, fennel and lemon juice, and stir to combine.

In a small pan, fry the chopped walnuts until lightly toasted and pop to the side.

To make the dressing, put the garlic, cumin, cinnamon and honey in a bowl and stir together. Gradually pour in the oil, whisking continuously until combined. Taste for seasoning.

Drain the raisins, and add to the bulgur mixture with the parsley, mint, spring onions and walnuts. Toss everything together with the dressing. Taste for seasoning again!

*Nutritional analysis based on 1 serve

Energy 2010kJ | Protein 10.3g | Carbohydrates 47.8g | Fat 27.0g