



Recipe name:

Cauliflower quinoa tabbouleh salad with roasted red peppers

Recipe description:

A super fresh Middle Eastern inspired plant-based salad. Quinoa and grated cauliflower create a fibre and protein-rich dish. An onslaught of herbs, sticky dates and juicy pomegranate add a touch of sweetness and freshness. The PEPPADEW® roasted red peppers bring the whole dish together, adding charred savoury sweet notes and colour to your lunch table.

Prep Time

20 minutes

Cook Time

25 minutes

Serves:

2-4

Made with:

PEPPADEW® Roasted Red Peppers

Course:

Lunch / Side

Occasion:

Family Recipes / Dinner Party / Quick & Easy

Ingredients:

- 3 tbsp coconut oil
- 370g Quinoa

- 470ml Water
- 1/2 Jar PEPPADEW® Roasted Red Peppers
- 1 small cauliflower (grated)
- 1 shallot minced
- 1 lemon squeezed
- 1/2 tsp salt
- 50g pistachios
- 50g pomegranate
- 5 large medjool dates (pitted)
- Bunch of fresh parsley
- Bunch of fresh mint leaves
- Bunch of fresh coriander
- 1 lemon sliced to serve

Method:

1. Heat the coconut oil in a pan over medium heat.
2. Add the quinoa to the melted coconut oil and toast for 1 minute.
3. Add the water and bring the mixture to a boil, reduce the heat to low, and cover. Gently simmer until the water has been completely absorbed and the quinoa is fluffy (about 15 -20 minutes). Then stir the quinoa a few times to help it slightly cool down.
4. While quinoa cools, grate the white part of the cauliflower into a large bowl. Add the juice of one lemon to the cauliflower, stir and leave to stand for 15 minutes or more.
5. Slice the shallots, finely chop the parsley, mint and coriander, deseed the dates, chopping them into smaller pieces, chop the pistachios into slightly smaller pieces, slice the roasted red peppers into strips.
6. Bring the whole salad together by mixing the shallots, grated cauliflower, chopped herbs, pistachios, dates, pomegranate and half the sliced red peppers.
7. Add the slightly cooled Quinoa, mix again until everything is well combined,
8. Season with salt to taste, garnish with extra roasted red peppers and a few slices of lemon.

Serving Suggestions:

A great salad to eat on its own. Can be served also as a side with meat, fish or roasted vegetables.