



Glorious Autumn Barbecue: Ras El Hanout and Za'atar Grilled Salmon, Chargrilled Vegetables in Yogurt Tahini Sauce, Tabouleh



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices aubergine sliced
- ☐ 60 g burghul wheat cooked
- ☐ 0.5 small chili dried crushed
- ☐ 60 ml olive oil extra virgin
- ☐ 4 servings glug of extra virgin olive oil good
- ☐ 1 bulb fennel sliced

- ☐ 3 bunches flat parsley finely chopped
- ☐ 1 large handful mint leaves finely chopped
- ☐ 2 cloves garlic crushed
- ☐ 200 g greek yogurt thick
- ☐ 1.5 juice of lemon
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons lemon pepper
- ☐ 1 tablespoons juice of lime
- ☐ 4 tablespoons olive oil
- ☐ 4 servings freshly cracked pepper black
- ☐ 120 g pinenuts toasted
- ☐ 4 plum tomatoes deseeded finely chopped
- ☐ 1 pomegranate arils from pomegranate
- ☐ 4 teaspoons ras el hanout spice blend
- ☐ 2 to 3 springs each of rosemary
- ☐ 2 to 3 springs each of rosemary chopped
- ☐ 1.5 kg tail piece of salmon in two halves
- ☐ 4 servings sea slat smoked to taste
- ☐ 1 pinch good of sea salt
- ☐ 4 servings sea salt and pepper to taste
- ☐ 4 small spring onion finely sliced
- ☐ 4 tablespoons tahini paste
- ☐ 2 bell peppers red yellow
- ☐ 3 medium zucchinis thick sliced
- ☐ 2 tablespoons za'ater (Recipe below)
- ☐ 2 tablespoons za'ater (Recipe below)

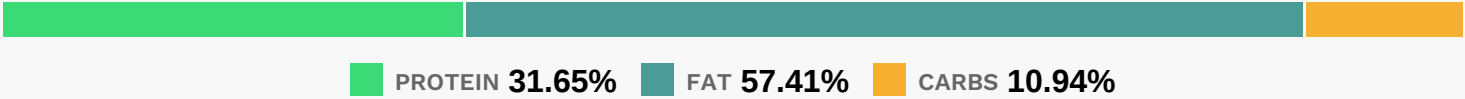
Equipment

- ☐ bowl

Directions

☐ Place parsley, tomatoes, spring onions, mint and burghul in a large bowl. Salt and pepper. In a small bowl stir lemon juice, olive oil together and pour over the tabouleh. Toss well and season if required.

Nutrition Facts



Properties

Glycemic Index:137.5, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:79.508695353632%

Flavonoids

Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg Eriodictyol: 1.94mg, Eriodictyol: 1.94mg, Eriodictyol: 1.94mg, Eriodictyol: 1.94mg Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 92.2mg, Apigenin: 92.2mg, Apigenin: 92.2mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 6.58mg, Myricetin: 6.58mg, Myricetin: 6.58mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 1545.4kcal (77.27%), Fat: 100.01g (153.86%), Saturated Fat: 13.38g (83.64%), Carbohydrates: 42.9g (14.3%), Net Carbohydrates: 31.78g (11.56%), Sugar: 11.87g (13.19%), Cholesterol: 344.75mg (114.92%), Sodium: 583.7mg (25.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 124.03g (248.06%), Vitamin K: 815.44µg (776.61%), Vitamin B12: 18.77µg (312.82%), Selenium: 211.86µg (302.66%), Vitamin C: 219.23mg (265.73%), Vitamin B6: 4.22mg (210.76%), Vitamin B3: 39.12mg (195.59%), Manganese: 3.82mg (191.08%), Phosphorus: 1651.09mg (165.11%), Vitamin B2: 2.02mg (118.9%), Potassium: 3912.17mg (111.78%), Copper: 2.13mg (106.73%), Vitamin B1: 1.56mg (104.09%), Vitamin A: 5090.46IU (101.81%), Magnesium: 390.85mg (97.71%), Vitamin B5: 8.83mg (88.31%), Folate: 298.96µg (74.74%), Vitamin E: 10.46mg (69.71%), Iron: 12.48mg (69.35%), Zinc: 7.73mg (51.56%), Fiber: 11.12g (44.46%), Calcium: 328.6mg (32.86%)