



Lemon & parsley tabbouleh

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



632 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 175 g bulgar wheat
- ☐ 1 vegetable cube crumbled
- ☐ 1 garlic clove crushed
- ☐ 1 juice of lemon
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tomatoes finely chopped
- ☐ 50 g blanched almonds and whole finely chopped
- ☐ 1 large bunch flat parsley roughly chopped (80g pack)

- ☐ 200 g goat cheese crumbled
- ☐ 1 large pinch pepper
- ☐ 4 servings pepper black
- ☐ 1 tbsp cooking oil
- ☐ 250 g halloumi cheese
- ☐ 2 small simple preserved lemons

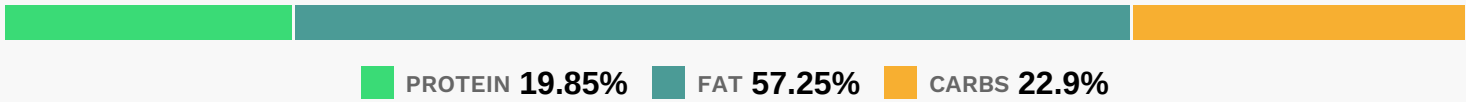
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the bulghar wheat or couscous in a heatproof bowl with the crumbled stock cube and garlic, pour over boiling water to cover, then set aside for 30 mins for bulghar or 10 mins for couscous.
- ☐ If youve used bulghar wheat, drain thoroughly, or fluff up couscous with a fork. Stir in the remaining ingredients.
- ☐ Serve, chill until needed, or see suggestions, right.
- ☐ To make with goat's cheese, mix the crumbled goats cheese, and a large pinch chilli flakes into the salad with lots of black pepper. Divide between bowls and serve.
- ☐ To make with grilled halloumi, heat 1 tbsp oil in a non-stick pan. Thickly slice the halloumi cheese and fry on a high heat for 2-3 mins on each side, or until softened and golden. Finely chop the small preserved lemons into the salad. Divide between bowls. Top with the cheese slices and serve.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:14.53, Inflammation Score:-9, Nutrition Score:27.283478166746%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 631.87kcal (31.59%), Fat: 41.42g (63.73%), Saturated Fat: 19.5g (121.91%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 30.65g (11.15%), Sugar: 2.55g (2.83%), Cholesterol: 23mg (7.67%), Sodium: 1117.03mg (48.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.64%), Vitamin K: 241.83µg (230.32%), Calcium: 757.48mg (75.75%), Copper: 1.02mg (51%), Manganese: 0.93mg (46.63%), Vitamin A: 1982.42IU (39.65%), Magnesium: 153.92mg (38.48%), Phosphorus: 357.56mg (35.76%), Vitamin C: 26.3mg (31.88%), Vitamin E: 4.47mg (29.8%), Vitamin B2: 0.49mg (28.65%), Fiber: 6.63g (26.52%), Vitamin B3: 4.11mg (20.55%), Iron: 3.34mg (18.56%), Vitamin B6: 0.28mg (14.11%), Zinc: 2.1mg (14%), Folate: 53.07µg (13.27%), Potassium: 461.03mg (13.17%), Vitamin B5: 1.02mg (10.19%), Vitamin B1: 0.13mg (8.68%), Selenium: 5.57µg (7.96%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.2µg (1.33%)