



COOKING PASSION SINCE 1877

## WARM WINTER SALAD WITH TABBOULEH



For 4 people

### INGREDIENTS

#### TABBOULEH

300 g cooked bulgur wheat  
2 spring onions, finely chopped  
Small bunch fresh coriander,  
chopped  
Small bunch parsley, chopped  
5 finely chopped fresh mint leaves  
Juice of half a lemon  
2 tbsp olive oil  
¼ tsp salt  
¼ tsp black pepper

#### LEMON SUMAC DRESSING

Zest and juice of one lemon  
4 tbsp olive oil  
1 small clove of garlic, peeled and  
minced  
¼ tsp salt  
¼ tsp black pepper  
1 tsp light brown sugar  
1 tsp sumac

### METHOD

Preheat the oven to CircoTherm 190°C.

Place all of the tabbouleh ingredients in a bowl and toss together. Leave to stand so that the flavors infuse while you prepare the vegetables.

Place the red onion, sweet potato and cauliflower in a roasting tray. Lightly bash the garlic, in the skin using a wooden spoon, and place the garlic in the tray too.

Drizzle on the olive oil and sprinkle on the salt, pepper, paprika and cumin. Toss it all together using your hands, then place in the oven for 10 minutes.

After 10 minutes, add the broccoli and toss everything together again. Cook for a further 15 minutes.

After 15 minutes add the kale, toss everything together again and place back in the oven for 3-4 minutes with low added steam.

Meanwhile, make the lemon sumac dressing by mixing all of the dressing ingredients together in a small bowl.



## WARM WINTER SALAD WITH TABBOULEH (CONT.)

### INGREDIENTS

#### ROASTED VEGETABLES

2 red onions, peeled and cut into wedges  
2 sweet potatoes, peeled and cubed  
1 small head of cauliflower, broken into florets  
4 cloves garlic, skin on  
2 tbsp olive oil  
¼ tsp salt  
¼ tsp black pepper  
1 tsp paprika  
½ tsp cumin  
200 g purple sprouting broccoli  
100 g kale, shredded  
75 g feta cheese, crumbled  
2 tbsp pomegranate arils

### METHOD

Serve the tabbouleh with the roasted vegetables and a sprinkling of feta cheese and pomegranate arils. Serve with the lemon sumac dressing.