



BROCCOLI TABOULI

This side dish would work perfectly alongside a grilled piece of chicken or steak.

 20 minutes

 4 portions

INGREDIENTS

- 1 broccoli, (608 g)
- 1 bunch of parsley
- 1/2 bunch coriander
- 1/2 bunch mint
- 1 punnet of cherry tomatoes or 2 large tomatoes, chopped
- Juice of half a lemon
- 2 tablespoons of olive oil
- Salt & Pepper

COOKING METHOD

- 1° Roughly chop the broccoli and add to a food processor. Pulse until you have a rice like consistency (don't chop too finely). Cook in a pot of salted boiling water for 2 minutes.
- 2° Drain and press out as much of the water as possible. Add to a bowl to cool and dry.
- 3° Next chop the parsley, coriander and mint quite finely and add to the broccoli mixture along with the tomatoes. Dress with then lemon juice, oil, salt and pepper. Serve.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (271 g)	% DRI
ENERGY	50 kcal	137 kcal	7 %
FAT	3 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	25 mg	67 mg	3 %
CARBOHYDRATE	6 g	16 g	5 %
SUGARS	2 g	5 g	—
FIBER	2 g	6 g	23 %
PROTEIN	2 g	6 g	—