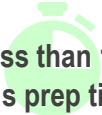


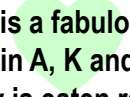
# Tabbouleh



## QUICK

 Less than 15 mins prep time

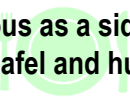
## HEALTHY

 Parsley is a fabulous source of Vitamin A, K and C. As the parsley is eaten raw, more Vitamin C is preserved than when it is cooked

## FAMILY

 Feeds 6 as a side dish

## MEALS

 Delicious as a side dish with falafel and hummus

## INGREDIENTS

- 150 g cous cous
- 300g Tomatoes
- 2 garlic cloves
- 1 red onion
- 100g parsley
- 50g mint
- 1 lemon
- Drizzle olive oil (approx. 30ml)
- Salt and pepper

## METHOD

- 1) Cook your cous cous according to the instructions on the packet
- 2) Finely chop the parsley and mint and put in a large bowl.
- 3) Dice your tomatoes - smallish and add
- 4) Finely chop your red onion and add
- 5) Mince your garlic and add
- 6) Add your cous cous
- 7) Add lemon juice and olive oil
- 8) Season with S&P
- 9) Mix and taste - Add more lemon /oil /S&P - to taste



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)