



300 grams of
vegetables per
serving*

Cauliflower tabouleh with broccoli

quinoa and hazelnuts

Tabouleh is a delicious salad from Lebanese cuisine. Officially, it is made with bulgur, lots of fresh herbs and olive oil, but our version is made with quinoa as a base. Just as tasty. Chervil is a herb that is related to parsley and coriander. The taste is a bit sweet, a little aniseed-like. It is usually harvested from annual plants because the young leaves are the tastiest. In collaboration with Frank Fol, The Vegetables Chef®

30 min | 682 kcal

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ORGANIC INGREDIENTS

		1P	2P	3P	4P
Quinoa	g	75	150	225	300
Raisins	g	15	25	40	50
Broccoli	item	0.5	1	1.5	2
Carrot	g	50	100	150	200
Cauliflower rice	g	100	200	300	400
Lemon	item	0.25	0.5	1	1
Chervil	g	5	10	15	20
Hazelnuts	g	15	25	25	50
Mixed seeds	g	10	15	20	25

add yourself:

(Rapeseed or nut) oil	tbsp	1	2	3	4
Salt and pepper					

**In organic cultivation, the vegetables supplied are more likely to vary in weight. To prevent waste, we sometimes adjust the quantities when packing. We guarantee 200-250 grams of vegetables per serving.*



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PREPARATION

1. Boil a pan of water and add a pinch of salt. Rinse the quinoa in a sieve under the tap and cook for 10 minutes until tender. Then drain the water and allow to steam-dry for a while. Soak the raisins in lukewarm water.
2. Wash the broccoli, drain well and cut into small pieces. Wash or peel the carrot and cut it into small cubes (brunoise). Bring a shallow layer of water to the boil in a pan, and boil (or steam) the carrot and broccoli for 5 minutes. Drain the water.
3. Heat oil in a frying pan and fry the cauliflower rice for 2 minutes over a high heat. Grate lemon zest over the top and set aside.
4. Wash the chervil and cut finely. Chop the hazelnuts. Drain the raisins.
5. Put the quinoa, cauliflower, broccoli, carrot, raisins and chervil in a bowl and mix well. Squeeze the lemon on top and season with (rapeseed or nut) oil, salt and pepper. Finish with the hazelnuts and seed mix.

Tip: It is also delicious to cook the quinoa with a crushed garlic clove or in stock.

Organic



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