



CAULIFLOWER 'TABOULI', CHICKPEA & APPLE SALAD



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Preparation 30 mins | Serves 4-6

- 1 small cauliflower, cut into small florets
- 1 large Kanzi or Pink Lady apple
- 1/3 cup lemon juice
- 400g can chickpeas, rinsed and drained
- 1 large Lebanese cucumber, quartered lengthways and sliced
- 2 cups flat-leaf parsley leaves, finely chopped
- 1/2 cup extra virgin olive oil
- Beetroot hummus and flat-bread, to serve

STEP 1 Process cauliflower in a food processor until finely chopped. Place into a large heatproof bowl. Cover with boiling water and stand for 5 minutes. Drain well in a fine meshed sieve.

STEP 2 Place cauliflower onto a tray lined with paper towel. Press with another few sheets of paper towel to remove any excess water.

STEP 3 Chop apple and drizzle with 1 tbs lemon juice. Add apple, chickpeas, cucumber, parsley, oil and remaining 1/4 cup lemon juice to cauliflower. Season with salt and pepper. Toss to combine and serve with beetroot hummus and flat-bread.

Good for you... APPLES

Apples contain a source of dietary fibre and natural sorbitol. Both fibre and sorbitol help keep us regular. A good source of vitamin C, among its many functions, contributes to healthy gums. Low GI meaning the natural sugars are digested slowly, releasing energy gradually.



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