

Fresh green pea, cauliflower & feta 'tabouli'

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Preparation 40 mins | Serves 4-6

This delicious 'tabouli' style salad is simply brimming with fresh raw veggies. Serve it as a side dish or toss through some canned chickpeas to make it a light meal.

- 750g fresh green peas, podded (yielding about 300g peas)
- 1 medium head cauliflower, trimmed and cut into florets (about 700g florets)
- ¼ cup lemon juice
- ¼ cup extra virgin olive oil
- 1 garlic clove, crushed
- 1 telegraph cucumber, quartered lengthways, deseeded and chopped
- 2 vine-ripened tomatoes, deseeded and diced
- 4 green onions (shallots), trimmed and thinly sliced
- 1 cup flat-leaf parsley leaves, chopped
- ½ cup mint leaves, chopped
- 100g feta cheese, crumbled

STEP 1 Plunge green peas into a frying pan of simmering water and cook for 2-3 minutes until vibrant and just tender. Drain and rinse in cold water. Set peas aside to dry.

STEP 2 Pulse cauliflower, in batches, in a food processor until chopped and resembling rice. Place into a large bowl.

STEP 3 Combine lemon juice, oil and garlic in a screw-top jar. Season well with salt and pepper. Shake until well combined. Drizzle lemon mixture over cauliflower. Set aside, tossing occasionally, for 5 minutes.

STEP 4 Add cucumber, tomatoes, green onions, parsley, mint, green peas and feta to the cauliflower. Drizzle with extra virgin olive oil if liked. Gently toss to combine and serve.