

REX'S



# Christmas Recipes

## Cauliflower Tabouli

### Ingredients

#### Salad:

- 1 whole Cauliflower
- 1 cup chopped parsley
- ½ cup chopped mint
- 300g cherry tomatoes cut in half
- 1 large cucumber diced
- 1 red onion finely diced

#### Dressing:

- 2 lemons juice and zest
- 60ml olive oil
- 1 tbsp mustard
- ½ tsp salt

This salad is an all-time favourite in our family for being easy to make ahead and being lovely and fresh especially amongst all the rich food Christmas dinner often has to offer! The dressing is super simple and can be substituted for any good salad dressing you already have lying around. This recipe does need a food processor of some kind, I have tried doing it by hand with a knife and it is possible though very arduous and not worth the effort in my opinion. Keep in mind this makes a large bowl that will feed approximately 6-8 people so feel free to half the recipe if your catering for a smaller crowd.

### Method

Cut the cauliflower into florets and in batches pulse in the food processor till a rice or couscous consistency.

Add this straight into a big mixing bowl and continue till you've used the whole Cauliflower.

The rest of the ingredients once diced and chopped just need to be added to the Cauliflower and mixed well.

For the dressing place all the ingredients in a large jar or container and shake well.

Add the dressing to the salad up to an hour before you want to serve so that dressing soaks into the salad.



Impress the masses with this easy side to your Christmas dinner!

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# SHOPPING LIST

## Ingredients in store

- Salt
- Parsley
- Lemons
- Olive Oil
- Cucumber
- Red Onion
- Cauliflower
- Dijon Mustard
- Cherry Tomatoes

## Extras outside of store

- Mint

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