

## **Cauliflower Couscous (Tabouleh)**

*Gluten free, fat free if you want it to be, fresh and delicious – this recipe has an awful lot going for it. Serves 2 or 3.*

### **Ingredients**

1/2 a head of cauliflower, broken into a few large pieces

the juice of half a lemon

3 or 4 stalks of parsley, leaves only

2 stalks of mint, leaves only

20 g olive oil (or more to taste; omit for a fat-free version)

### **Method**

1. Add all ingredients to your TM bowl or to a food processor and give 2 Turbo pulses (1/2 second each). That's it!

Serve as a starter/first course or as a side dish with hot or cold fish, poultry, or meat.

*Bon appétit !*