

# Grain-Free Tabouli Salad

*Swick*

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

## Step 1: Preparing the Tabouli

- 2 tomatoes (1 1/2 cups diced)
- 1/2 cucumber (1 cup, diced)
- 1 parsnip (1/2 cup diced)
- 1 to 2 bunches parsley (3 cups chopped)
- 3 or 4 sprigs of mint (3 tbsp chopped)
- 3 cloves garlic
- 1/2 tsp chile
- 3 tbsp fresh lemon juice
- 2 tbsp olive oil
- 1/4 tsp sea salt

To start, deseed and dice the tomatoes. Peel and dice the cucumber. Peel and finely dice the parsnip. Coarsely mince the parsley and mint. Next, mince the garlic and chile, if using. Lastly, gather the lemon juice, olive oil and salt.

To prepare the salad, place everything into a bowl and simply fold everything together.

This salad can be prepared up to an hour in advance. Just strain before serving.

This dish goes particularly well with the Almond-Walnut Falafels (search Rouxbe for recipe).