



Raw Vegan Cauliflower and Kale Tabbouleh



This raw vegan tabbouleh swaps grains for cauliflower rice and packs in fresh herbs, juicy pomegranate, and crunchy courgette. It's zesty, vibrant, and ridiculously easy to throw together – no cooking required.

Course	Lunch, Side Dish
Cuisine	middle eastern
Keyword	gluten free, healthy vegan, raw vegan, vegan salad
Prep Time	15 minutes
Total Time	15 minutes
Servings	4
Calories	122kcal

Ingredients

- 1 cauliflower cut into florets
- 60 g kale
- 1 handful mint finely chopped
- 1 handful parsley finely chopped
- 1 handful tarragon finely chopped
- 2 tomatoes de-seeded and diced
- 1 pomegranate seeds only
- 1 courgette diced
- 1 Tbsp lemon juice
- Salt and pepper to taste

Instructions

1. Add the cauliflower to a food processor and pulse until it resembles rice, and then pour into a bowl. Place the kale into a food processor and pulse until finely chopped.
2. Add the kale, mint, parsley, tarragon, tomatoes, pomegranate, courgette and lemon to the cauliflower rice.
3. Mix together well, and season to taste.