

Green tabouli and turmeric buttermilk dressing

By Maggie Beer

10 minutes

Preparation time

Cooking time

6 servings

Serves



INGREDIENTS

250 g raw broccoli
100 g baby spinach
3 spring onions, finely chopped
50 g parsley, finely chopped
50 g mint, finely chopped
1 avocado, finely diced
40 g slivered almonds
50 g freshly ground toasted almonds
Juice of 2 lemons
1 tbs olive oil
Sea salt and pepper

Dressing

½ cup buttermilk
1 tbs ground turmeric
1 tbs honey
Juice and finely grated rind of ½ lemon
Sea salt and pepper

METHOD

1. Using your knife, shave the head off the broccoli to give you fine pieces.
2. Chop the spinach as fine as you can and place into a bowl with the spring onion and broccoli.
3. Stir in the remaining ingredients gently, until well combined.
4. For the dressing, whisk together the buttermilk and turmeric in a mixing bowl, leave to stand for a few minutes to allow the turmeric to rehydrate. Whisk in remaining ingredients until well combined.
5. Dress the tabouli with the dressing and divide between serving bowls.

Notes

- As this is a raw salad the freshness of the ingredients is crucial, ideally this salad will be prepared on the day of harvest. Seasonality is also really important, spring herbs are soft and delicate, while autumn herbs are firm and robust, you may need to adjust the quantities used throughout the year for the best taste and texture.