



TABBOULEH WITH GLUTEN FREE ORGANIC COUSCOUS

Meze/Appetizer, Salad, Side · Gluten-Free

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Tabbouleh the well-known, easy and simple but totally refreshing Mediterranean salad... made gluten free!

Instead of bulgur, I used an organic gluten free couscous made from organic corn, rice, and chickpeas (by Helios Pasta).

Seasoned just with lemon juice & olive oil, salt & pepper, the herbs, vegetables and couscous are so harmonically combined for a great side dish/salad.

INGREDIENTS:

Serves 2

- 130 gr (less than a cup) gluten free couscous (the one I used, is made from organic corn, rice, and chickpeas - Helios Pasta)
- 150 ml of hot water
- 1 big bunch of parsley
- 2 green onions
- 10 mint leaves
- 2 medium firm tomatoes
- 1 medium firm cucumber
- Lemon juice (from 1/2 to 1 lemon)
- 3-4 tbsp extra virgin olive oil
- Salt and pepper, to taste

INSTRUCTIONS:

1. In a bowl add the gluten free couscous, hot water, mix and let it sit for 5-10 minutes.
2. Meanwhile, wash your vegetables and dry them well.
3. Chop the tomatoes and place them in a colander to drain.
4. Dice the cucumber and chop very finely mint leaves, fresh onions, and parsley (remove stems).
5. Mix all ingredients in a bowl, add the couscous and continue mixing gently.
6. Add lemon juice, olive oil, salt, and pepper, mix again, taste and adjust seasoning, lemon juice or oil to achieve the perfect balance.
7. Enjoy it as a salad/side dish, in a deep bowl or a serving platter.
(Even better cover the tabbouleh and refrigerate it for ½ to 1 hour)