

Recipe: Tabbouleh with mini mozzarella balls



1 portion contains approximately: 343 kcal - 21 g protein - 15 g fat - 31 g carbohydrates

Ingredients (for 2 persons)

- 50 g couscous
- 100 ml vegetable stock
- 300 g tomatoes
- 200 g cucumber
- 40 g spring onions
- 1 bunch of flat-leaf parsley
- 6 fresh mint leaves
- 200 g low-fat mozzarella balls

- Pepper
- Salt
- For the dressing:
- 3 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp rapeseed oil
- freshly ground black pepper
- Sea salt

Preparation

1. Pour the vegetable stock over the couscous and let simmer (approx. 20 minutes). Allow to cool.
2. Wash and clean the tomatoes, cucumber, spring onions and parsley.
3. Core the tomatoes and dice into small pieces.
4. Peel and quarter the cucumber and cut into similar sized pieces as the tomato.
5. Cut the spring onions into fine rings.
6. Pluck the parsley and the mint from the stems and cut into strips.
7. Mix all these ingredients together thoroughly in a bowl.
8. To make the dressing, mix all the ingredients together and stir into the cous cous salad.
9. Cover the salad and place in the fridge to allow the flavors to infuse. This should be done for at least 15 minutes (preferably for 2 hours).
10. Before serving, check the seasoning once again and add more salt and pepper if required.
11. Top with the mozzarella balls.

* The shakes should be prepared with your individual serving size. See 'How to properly dose your Almased shake' for dosing instructions. Please keep in mind that this will also change the nutritional information of the shakes.