



# 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.