

Keto & Paleo Spinach Tabbouleh

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 8.4 g, Fiber: 3 g, **Net carbs: 5.4 g**, Protein: 2.6 g,

Fat: 23.5 g, Calories: 245 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

3 cups cauliflower rice (360 g/ 12.7 oz) - [here's how to "rice"](#)

[cauliflower](#)

2 tbsp [extra virgin coconut oil](#) or [ghee](#) (30 g/ 1.1 oz)

1 tsp salt or to taste (I like [pink Himalayan](#))

1 medium cucumber, peeled and diced (200 g/ 7.1 oz)

1 cup cherry or regular tomatoes, chopped (150 g/ 5.3 oz)

2 medium spring onions, chopped (30 g/ 1.1 oz)

3 cups spinach, chopped (90 g/ 3.2 oz)

1 cup freshly chopped parsley (60 g/ 2.1 oz)

1/2 cup freshly chopped mint (30 g/ 1.1 oz)

1/2 cup fresh lemon juice (120 ml/ 4 fl oz)

1 clove garlic, minced

1/2 cup [extra virgin olive oil](#) (120 ml/ 4 fl oz)

1/4 tsp freshly ground black pepper

7. Pour over the tabbouleh and season with more salt and pepper. Toss using two forks or tongs until combined. This recipe makes 6 servings (as a side), or 3-4 servings (as a light salad).

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Instructions

1. Heat a pan greased with coconut oil (or ghee) over a medium heat. Once hot, add the cauliflower rice, season with a pinch of salt and cook for about 5 minutes or until crisp-tender, stirring occasionally. Once cooked, take off the heat and set aside to cool down.
2. Meanwhile, peel and dice the cucumber, chop the tomatoes, ...
3. ... spring onion. Place all the chopped vegetables (apart from the cooked cauli-rice) in a large salad bowl.
4. Chop the mint and parsley and remove the hard stems (you can reserve the stems for other recipes such as [bone broth](#)). Once chopped, add to the bowl.
5. Roughly chop the spinach leaves and add to the bowl together with the cooled cauli-rice and combine.
6. Juice the lemons and pour in a bowl together with the minced garlic and olive oil. Whisk using a fork.