

# AYURVEDIC TABOULEH



## METHODE

1. Bring the couscous to boil in double the amount of water and leave it to soak.
2. Heat the ghee in a pan and roast the five-spice powder shortly. Dice the celery and cut the beans and the carrot in small pieces. Dissolve the vegetable stock in a little bit of water and add everything together into the pan. Sauté the vegetables until tender.
3. Stir olive oil, lemon juice, soy sauce, garam masala, chopped parsley together, and dice the tomatoes. Add everything to the couscous.
4. Stir well, season with salt to taste and decorate with fresh parsley.

**Enjoy your meal!**

## INGREDIENTS

- 2 cups of Couscous
- 4 cups of water
- 1 tsp. ghee\*
- ¼ tsp. five-spice powder\*
- 2 stalks celery
- 200g string beans
- ½ tsp. organic vegetable stock (powder)
- 1 carrot
- 3 Tomatoes
- 1 bunch parsley to taste
- ¼ tsp. garam masala\*
- 1 tbsp. olive oil
- 1 tbsp. soy sauce
- Juice of 1 lemon
- Salt

\* You can find these ingredients in big supermarkets or Asian grocery stores.



**TEN TIMES AWARDED AS**  
**“THE BEST AYURVEDIC CENTRE”**  
**BY THE GOVERNMENT OF KERALA**



SOMATHEERAM **AYURVEDIC HEALTH RESORT**

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## HEALTH TIPS

Celery aids at calming the nerves and reducing inflammation. It also helps digestion and balances the entire body. Beans are very rich in dietary fiber, regulate Diabetes and lowers the cholesterol. Couscous has the same effect, which is additionally full of minerals like manganese and selenium to reduce cholesterol and prevent constipation.

Tomatoes are a true nutrition bomb, as they not only provide minerals like potassium and magnesium, but they also supply our bodies with dietary fiber, vitamins C, K, A, E and B6.

All four foods balance Kapha and Pitta doshas.

Carrots balance Vatha and Pitta and its vitamin A is very good for healthy eyes and glowing skin.

The recipe can support every dosha during weight loss, as it is low in calories while providing important nutrition.

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