

LIVING WELL, EATING WELL - THE RECIPES

Ohood Zedan shows Nutritionist Charlotte Watts how to cook a Syrian Meal

TABOULEH

Tabouleh contains a wealth of nourishing ingredients. Its main ingredient parsley contains vitamins A, K and C that have important roles in immune function. The mint helps digestion, reducing gases and soothing the gut wall where much of our immune system lies. The spring onions are in the same family as garlic and onions with sulphur immune support. The tomatoes, like all of these foods, are full of antioxidant chemicals, which prevent damage and reduce inflammation in the body.

The olive oil in this recipe allows us to absorb the fat-soluble types of antioxidants like vitamins A and K, and the red colour lycopene without tomatoes. Olive oil is also a potent anti-inflammatory food, as is the lemon here, which also gets the juices flowing in the liver ready for digestion. This whole dish supports cleansing throughout the body, supporting healthy protective mechanisms and respiratory health.

INGREDIENTS



Half a bunch of mint
A large bunch of parsley
A bunch of spring onions
Tomatoes
1 Lemon
A cupful of olive oil
A small cupful of bulgar wheat
Salt

METHOD

- Soak the parsley in salt and water for about 15 minutes, then rinse twice, and dry
- Soak the bulgur wheat in some hot water for about 15 minutes
- Chop and mint and parsley very finely
- Chop the spring onions and tomatoes into small pieces
- Mix them all together
- Squeeze the juice of the lemons over the mixture, add the olive oil
- Add some salt to taste

See Ohood's Facebook page for more of her dishes: 'I'm Vegetarian'
Charlotte's info here: https://www.charlottewattshealth.com

