

Vegetarian Tabbouleh with Tahini and Sumac Sauce



Discover our flavorful recipe for Vegetarian Tabbouleh with Tahini and Sumac Sauce. Packed with fresh ingredients and Middle Eastern spices, this dish is a vibrant and satisfying twist on a classic. Perfect for vegetarians and tahini lovers alike.

Preparation 20 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 430

Fat 22

Carbohydrates 7

Fibre 12

Protein 22

Sodium 500

Ingredients

- 1 L (4 cups) low sodium vegetable broth
- 4 carrots, cut into sticks
- 500 ml (2 cups) cooked bulgur wheat (or 1 cup raw)
- 15 ml (1 tbsp) vegetable oil
- Half an onion, chopped

- One red bell pepper, diced
- 2 GUSTA vegetarian sausages (we used the one with smoked paprika)
- 500 ml (2 cups) fresh spinach, chopped

Sauce

- 125 ml (½ cup) tahini (sesame butter)
- 80 ml (? cup) carrot cooking water
- Juice of half a lemon (or 30 mL / 2 tbsp.)
- 15 ml (1 tbsp) sodium-reduced soy sauce
- 5 ml (1 tsp) sumac

Garnish (optional)

- Fresh mint, chopped
- Walnuts, toasted

Preparation

1. In a large saucepan, bring vegetable broth to a boil and add carrots, cut lengthwise and widthwise.
2. Simmer for 15 minutes.
3. Meanwhile, in a skillet heated over medium high heat, sauté onions in oil for 3 minutes.
4. Add peppers and sausages (cut in half lengthwise and widthwise) and continue cooking, turning sausages occasionally.
5. Once the sausages are grilled, add the spinach and continue cooking for about 5 minutes or until the spinach is softened, then transfer to a bowl.
6. Once the carrots are cooked, remove to water, making sure to keep the cooking water. You can save the cooking water for a soup. Grill the carrots on both sides in the still hot pan. Add a little oil if necessary.
7. In a small bowl, combine all sauce ingredients.
8. In a bowl or plate, divide the cooked bulgur wheat, vegetable and sausage mixture and carrots. Add sauce and garnish if desired.



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