

# Celery and sunflower seed Tabbouleh

## Ingredients

6-8 stalks celery, cut into very small dice

1 handful of pale leaves (not dark leaves as they tend to be bitter), chopped fine

2 spring onions, chopped fine

1 small bunch parsley, chopped fine

2 tea spoons sesame seeds

¼ teaspoon ground coriander

¼ tea spoon cumin

1 pinch all spice

½ cup sun flower seeds toasted in a pan and crushed using pestle and mortar

½ tea spoon sumac

Zest and juice of 1 lemon

3 table spoons extra virgin olive oil

½ tea spoon chilli flakes

Salt and pepper

## What to do:

- 1) Toss celery, spring onion, parsley, spices and half of the sunflower seeds in a large bowl.
- 2) Add sumac, lemon, salt, pepper and olive oil and mix well.
- 3) Arrange in serving bowls and sprinkle over remaining sunflower seeds and chilli flakes.