



Food Discovery Couscous Salad

Enough for 4 grown ups as a side dish, or 2 as a main meal

Ingredients

200g cous cous
1 vegetable stock cube & 250ml hot water
225g fresh or frozen broad beans or peas
A tin of chickpeas, washed and drained
A punnet of cherry tomatoes, finely chopped
Half a cucumber, diced
2 spring onions
2 handfuls of raisins or grapes

Two handfuls of chopped fresh herbs like fresh mint, parsley, coriander or chives
A lemon, zest and juice
4 tablespoons extra virgin olive oil
Salt and black pepper, to season

Method

- Dissolve the stock cube in hot water.
- Pour the couscous into a bowl with the peas/beans and add the stock, cover, and leave for 10 minutes.
- Meanwhile, chop the tomatoes, cucumber, and spring onions.
- Tear the herb leaves into small pieces.
- Fluff up the couscous with a fork (if it looks a bit dry add a little more boiling water), and then add all the other ingredients
- Make a dressing from olive oil and lemon juice, with salt and pepper to taste. Drizzle this over the salad.
- Store in fridge if not eating immediately and eat within 3 days.