

# Cous Cous Salad

(also called Tabouleh)





# Cous Cous Salad

(also called Tabouleh)



Serves: 8

## INGREDIENTS

- ¾ cup of Couscous (approx. 150g)
- Juice of ½ lemon and ½ orange
- ¼ cucumber, peeled and chopped into small cubes
- 1 carrot, grated
- ½ dessert apple, chopped
- ½ red pepper, chopped
- Small handful of raisins
- ¼ cup dried apricots, finely chopped
- Small bunch of parsley
- Small bunch fresh mint
- 1 tbsp toasted sesame seeds

## FROM YOUR STOCK CUPBOARD

- Stock cube
- (made up to 1 cup/240mls) with boiling water
- 1 tbsp olive oil
- Salt and Pepper (to taste)

## METHOD

- 1 Toast the Couscous, either under a grill or in a pan until it is a shade darker and place in a bowl with the raisins.
- 2 Pour over the boiling vegetable stock and cover with a lid for 5 minutes.
- 3 Remove the lid and fluff the Couscous. Allow to cool slightly.
- 4 Wash and drain the herbs. Chop finely and mix with the Couscous.
- 5 Add the cucumber, carrots, peppers, apricots and apple and mix well.
- 6 Pour over the lemon and orange juice and olive oil. Season if necessary and garnish with toasted sesame seeds.
- 7 Allow the salad to rest for a few minutes before serving.

Great served with lean, grilled chicken breast or a tasty piece of fish.

Nutrition based on small serving  
(total quantity serves 8).

per portion (99g)

| ENERGY           | FAT         | SATURATES   | SUGAR       | SALT         |
|------------------|-------------|-------------|-------------|--------------|
| 556kJ<br>133kcal | 3.4g<br>MED | 0.5g<br>LOW | 7.2g<br>MED | 0.41g<br>MED |
| 7%               | 5%          | 2%          | 8%          | 7%           |

of your reference intake  
Typical values per 100g: Energy 562kJ/134kcal