

Zesty Couscous Salad



Serves



Cooking time



Cost per serve



Veg per serve



TIP
Serve with
Lamb Koftas
and walnut dip



Ingredients

- 1 cup couscous
- 2 teaspoons vegetable stock powder
- 1 cup boiling water
- 400g can chickpeas
- 1 red capsicum, 1 cucumber
- 1 tomato
- 2 spring onions
- ¼ cup fresh parsley
- 1 orange
- Pepper



Equipment

- Large bowl, Small bowl
- Cup measures, Spoon measures
- Kettle
- Knife, Fork, Mixing spoon
- Chopping board
- Can opener
- Strainer
- Fine grater
- Juicer
- Measuring jug

How to make it



- 1.** Measure couscous and stock powder into large bowl. Add boiling water, cover and let sit for 5 minutes.



- 2.** Finely chop capsicum, cucumber, tomato, spring onions and parsley.



- 3.** Fluff couscous grains with a fork and add chopped vegetables.



- 4.** Drain and rinse chickpeas and add to couscous. Season with pepper.



- 5.** Grate orange rind. Juice orange. Add 2 tablespoons of juice and all of the rind to the couscous. Mix well.