



## COUSCOUS SALAD

Couscous is a coarsely ground semolina pasta. It is a good low-fat source of complex carbohydrate. No Cholesterol.

### To make couscous:

Put the couscous into a bowl and pour over boiling water or stock, enough just to cover the couscous (equal quantities of both).

Cover with clingfilm and leave for 5 minutes.

Stir in a dash of olive oil, lemon juice & salt & pepper to taste.

Mix with a fork.

### What to add to your Couscous Salad:

1 cup couscous

1 cup boiling water

2 x tomatoes – cut into small pieces (no seeds)

½ cucumber – cut into pieces (no seeds)

1 handful (child's hand) of fresh coriander, then chop it up

1 handful of fresh mint (child's hand), then chop it up

½ cup of feta cheese, broken into small pieces

½ cup raisins

½ cup pistachios, taken out of shell

Once you have made your couscous, add all your fresh ingredients and mix together.

Sprinkle the pistachios over the top, serve.

This can be served with any meat dish.

### Other ideas:

Salmon or Tuna with pine-nuts & spring onions

Turkey, Cranberries & Pecan nuts

Small diced roasted veggies e.g. courgettes, mixed red & yellow peppers, feta cheese and fresh coriander

Strips of spicy chicken with roasted veggies



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