



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 cous cous 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.

Couscous Salad

Couscous is made from wheat, like pasta, so it fills you up.

This salad is suitable for vegetarians and vegans if you follow the recipe.

It is **low in salt, low in fat, costs around £1 per portion** and contains **3 of your 5 a day**.

Couscous cooks very quickly in boiling water from the kettle – no saucepans required!

There is some protein in the salad in the peas/broad beans and the chickpeas. Some supermarkets and health food stores stock whole wheat couscous. This would contain more protein and fill you up more.

If you don't have exactly what is in the recipe try these **'Swaps'**:

- Half a finely chopped onion (look for mild onions!) instead of spring onions
- Grated raw carrot and raw beetroot instead of chopped tomatoes
- French or runner beans instead of broad beans
- Tinned or frozen sweetcorn instead of peas
- Chopped celery instead of cucumber
- Using kidney beans instead of chickpeas
- Chopping up some hard or crumbly cheese and adding just before serving for more protein
- Try adding some grapes or orange segments!
- Bottled lemon juice is fine

This salad is great midday by itself, or you could have it as a side with fish or cold leftover chicken or with some other tasty salads!

For more information on how to make your food shopping go further, try looking at the Love Food Hate Waste website:

www.lovefoodhatewaste.com.