

Fruity Couscous Salad

Serves: 4

Difficulty:



Ingredients:

- 225g couscous
- 300ml orange juice
- 25ml 1 tablespoons olive oil
- ½ lemon, zest
- ½ yellow pepper, finely chopped
- 3 spring onions, finely chopped
- chopped mint
- black pepper to taste
- 25g chopped dried apricots
- 25g raisins
- 2 tablespoons korma curry paste (optional)

Equipment: measuring jug, mixing bowl, scales, sharp knife, board, tablespoon,

Method:

- 1) Place the couscous into a large bowl and pour over the orange juice. Stir for a couple of minutes & leave until the juice has been absorbed & the couscous is tender, about 6-7 minutes
- 2) Take the zest from 1/2 the lemon, chop the apricots and raisins and add to the bowl with the oil
- 3) Chop the pepper, spring onion and mint and add to the bowl
- 4) Season with pepper and stir in the curry paste
- 5) Serve

Top Tips!

- this couscous is best prepared in advance for the flavours to mature
- Swap the orange juice for apple juice
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For more recipes contact Food For Fitness on:

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