

Couscous salad

Recipe by Chef Dale Sniffen

Preparation time: 20 minutes

Use by: 3 days

Prep list

500kg cooked couscous
3 tbsp Olive oil
1 diced red capsicum
1 block diced fetta cheese
1 packet chopped Italian parsley
½ pack rocket leaves, chopped
1 bunch chopped mint leaves
1 tins / 440gm drained chickpeas
50gm pumpkin seeds
50 gm toasted pine nut
3 tbsp red dip
Juice 2 lemons
Salt & Pepper

1. Cook 500gm couscous to 500lm boiling water,
2. Add olive oil, let stand for 10 minutes covered.
3. Combine capsicum, fetta, parsley, rocket chickpeas, pumpkin seeds pine nuts and red dip
4. Toss cooked couscous through salad with the lemon juice
5. Season with salt & pepper.