**Fruity Couscous Salad**

**Ingredients:**

3 cups vegetable stock

3 cups couscous

1 red onion, chopped finely

2/3 cup finely chopped dried apricots

200g red seedless grapes, halved

1/3 cup dried currants

½ cup pepitas or sunflower seeds, dry toasted

1 small bunch parsley, washed and chopped

**Lemon Dressing**

1/3 cup lemon juice

2 table spoons olive oil

1 tea spoon Dijon mustard

½ tea spoon cumin

**What to do:**

1. Bring stock to the boil in a medium saucepan.
2. Remove stock from heat, stir in couscous.
3. Cover and stand for 5mins , fluffing with a fork occasionally .
4. Measure dressing ingredients into a screw top jar and shake well.
5. Gently combine ingredients together with dressing and serve.