

Cucumber and Herb Couscous Salad

Ingredients:

3 cups vegetable stock

3 cups couscous

1/2 white salad onion, sliced finely

1 cucumber, chopped in half lengthways and sliced

1/3 cup dried raisins

½ cup Pepita or sunflower seeds, dry toasted

1 small bunch parsley, washed and chopped

1 small bunch basil, washed and chopped

Lemon Dressing

1/3 cup lemon juice

2 Tbs olive oil

1 tsp Dijon mustard

½ tsp 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 small bowl and combine well
5. Gently combine all salad ingredients together in a large bowl, Gently mix through dressing and serve.

