

# 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.

