Minty pink couscous salad

Preparation time

15 minutes

Cooking time

7 minutes

Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

1 cup pearl couscous

400g (1 tin) cooked chickpeas, drained and rinsed

1/4 cup fresh mint leaves, finely chopped

1/4 cup coriander, finely chopped

6 Medjool dates, pitted and diced

seeds of 1 large pomegranate

2 tbsp extra virgin olive oil

juice of 1 large lemon

100g feta, crumbled

1. In a large pot, bring 1 cup of water to the boil. Add couscous and reduce to simmer. Cook for approximately 7 minutes or until liquid is absorbed and the couscous is cooked through.
2. Transfer couscous to a large salad bowl. Add chickpeas, mint, coriander, dates and pomegranate.
3. To make the dressing, whisk together olive oil and lemon juice in a small bowl. Drizzle over salad and top with feta. Toss to combine and enjoy.

Nutritional information is provided per serve

Engery	2103.78kJ
Protein	17.41g
Saturated Fat	5.67g
Total Fat	17.44g
Carbohydrates	62.18g
Sugars	14.6g
Dietary Fibre	12.66g
Sodium	287.84mg