



Simple Pearl Cous Cous Salad

Ingredients

- 300g pearl cous cous
- 1 punnet cherry tomatoes, halved
- 2 cups artichoke hearts, drained and chopped
- 2 squash, cut into quarters
- 1 cup black olives, chopped, pits removed
- 1/2 cup fresh basil, chopped

Dressing

- 4 tbsp extra virgin olive oil
- 2 garlic cloves, crushed
- Juice of 2 lemons
- 1 tbsp fresh basil, chopped
- 1 tsp fresh or dried oregano

Makes 6 serves

Method

Step 1: Make cous cous according to packet directions and set aside.

Step 2: Add tomatoes, artichokes, squash, olives and basil to the cous cous.

Step 3: Combine all ingredients of the dressing and pour over the salad until well combined.

Step 4: Season with pinch of salt and pepper if desired.

Nutritional Guide - Per Serve

Fibre: 3.6g
Protein: 6g
Fat: 12g

Energy: 237cal
Carbohydrate: 22g
Sat Fat: 1.6g