



Couscous Salad (LS)

Serving: 1

Veg

Ingredients

- -2 tbsp couscous
- -2 tbsp parsley - chopped
- -2 tbsp fresh coriander - chopped
- -2 tbsp onion - finely chopped
- -1 Tsp lemon juice
- - $\frac{1}{4}$ cup cucumber - de-seeded and finely diced
- -1 Tsp sesame seeds - roasted
- - $\frac{1}{2}$ Tsp olive oil
- -Salt - to taste
- -Black pepper - to taste

Preparation Method

- -Cover the couscous with twice its volume of hot water and leave to soak for 10 minutes.
- -Drain well.
- -Mix together with the remaining ingredients and leave to stand for 30 minutes to let the flavours develop.
- -Stir well and serve at room temperature.