

# TABOULEH

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## INGREDIENTS

### SALAD

1,5 cups couscous  
2tbsp olive oil  
1 tsp salt

15 cherry tomatoes, seeded and chopped  
30gms fresh parsley  
30gms coriander  
20gms mint  
1 small cucumber, seeds removed, and chopped  
1/2 red pepper, cut into tiny pieces  
1/2 red onion, cut into tiny pieces  
2tbsp finely chopped chives  
1/2 cup flaked almonds

Juice of 1 lemon  
4tbsp olive oil  
2tbsp red wine vinegar  
1 clove garlic, crushed

## INGREDIENTS

### DRESSING

Juice of 1 lemon  
4tbsp olive oil  
2tbsp red wine vinegar  
1 clove garlic, crushed

## METHOD

### STEP 1

Place the couscous in a bowl, add salt and stir. Boil water, and add just enough to cover the cous.cous. Wrap with cling wrap and set aside.

### STEP 2

Prepare all the individual ingredients, cutting everything into a very small dice.

### STEP 3

To assemble the salad, start by loosening the couscous with a fork. The couscous should be loose and fluffy.

### STEP 4

Now add all the prepared ingredients to the cous.cous, add everything before stirring to mix to avoid making the cous.cous mushy

### STEP 5

Add the dressing and gently stir to combine all the ingredients.

## METHOD

### STEP 1

Prepare your dressing by combining the juice of 1 lemon, 4tbsp olive oil, 2tbsp wine vinegar, salt, pepper and the crushed garlic.

### STEP 2

Set aside until needed

# THE COOKERY

by The Secret Jozi Chef