

TABOULEH

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