

Couscous salad recipe

Ingredients

45g Promin low protein couscous
125ml vegetable stock (hot)
20g red pepper diced
½ medium carrot
2 spring onions sliced
1 tablespoon raisins

Salad dressing

1 tablespoon olive oil
1½ teaspoon lemon juice
½ teaspoon honey
Salt and pepper

Makes 1-2 servings

Method

1. Put the low protein couscous into a large saucepan and cover with boiling water
2. Boil for 10-15 minutes until it reaches couscous like consistency.
3. Put the couscous in a bowl.
4. Pour over the hot vegetable stock and leave to stand for 10 minutes.
5. Fluff up the couscous with a fork.
6. Stir in the diced vegetables and raisins.
7. Whisk together the ingredients for the dressing and stir into the couscous.
8. Season to taste.

