

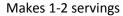
Couscous salad recipe

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





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.