Tangy Tabbouleh

Ingredients:

100g Promin low protein cous cous

200ml water

½ stock baby stock cube

Red pepper

2 spring onions

1 teaspoon cumin

30g Vegan greek cheese ( Violife)

Lemon juice

Fresh coriander

Fresh mint

Equipment: Bowl, Measuring Jug, Pot, Wooden Spoon, Chopping Knife, Chopping board, Teaspoon

Prep time: 10mins Cooking time: 2 mins

Serving size: 4-6 adult portions

Method:

1. Weigh out 100g of promin couscous and add to pot.
2. Add 200ml of boiling water to the pot and ½ a baby stock cube.
3. Stir continuously until water is absorbed – approximately 5 mins.
4. Transfer couscous to a bowl to cool
5. Meanwhile, finely chop the pepper, spring onion, vegan cheese and herbs and add to the cooled couscous
6. Add 1 teaspoon of cumin and a squeeze of lemon juice

Switches

Add 1/3 of Avocado to the serving to include 1 exchange