



WIGGLY
LEARN · COOK · SHARE

COUSCOUS SALAD

(with harissa dressing)



METHOD

TO MAKE THE COUSCOUS

1. Crumble the stock cube into a measuring jug.
2. Pour the boiling water into the jug and stir until the stock cube has dissolved.
3. Measure out the couscous into a bowl.
4. Pour the stock over the couscous in the bowl.
5. Cover the bowl with cling film and set aside.

TO MAKE THE SALAD

1. Chop or grate the courgette into small pieces.
2. Chop the pepper into small cubes.
3. Halve the cherry tomatoes.
4. Roughly chop or tear the parsley.
5. Gently mix the vegetables and parsley into the couscous.
6. Spoon couscous into pots.

INGREDIENTS (serves 4)

FOR THE COUSCOUS

175g Couscous
1 Courgette
1 Pepper
10 Cherry tomatoes
Fresh parsley
Vegetable stock cube
400ml Boiling water

HARISSA DRESSING

1 Shallot
½ tsp Chilli flakes
1 Lemon
1 tsp Cumin seeds
1 Clove garlic, grated
1 tsp Turmeric
Fresh coriander
Olive oil



FOR THE DRESSING

1. Finely chop the shallot.
2. Measure out chilli flakes, turmeric, and cumin seeds.
3. Grate garlic clove.
4. Tear or chop fresh coriander.
5. Place in a bowl, pour over 1tbsp olive oil, squeeze over the lemon juice and stir until well combined.
6. Pour the dressing onto the couscous in the bowl, and mix well.

Spoon the couscous into labelled pots and firmly secure the lid.

NUTRITION INFORMATION

	per 100g
Energy	222kJ/52kcal
Fat	0.6g
of which saturates	0g
Carbohydrate	8.7g
of which sugars	2.7g
Protein	2.5g
Salt	0.42g