



bit spicy

Tabbouleh

This versatile salad goes particularly well with lamb dishes, but makes a vegetarian dish in its own right. We have given you our basic recipe, but see Cook's notes for variations. **serves 4**

INGREDIENTS

- 250g couscous
- half a cucumber, finely diced
- 2 medium tomatoes, finely diced
- 4 spring onions, finely chopped
- 2-3 tbsp olive oil
- juice of a lemon
- 1 tbsp parsley and 3 tbsp mint, finely chopped

RECIPE

1. Measure the couscous in a jug before placing in a serving bowl. Fill the jug with a slightly larger volume of boiling water, then pour over the couscous and stir.
2. After about 5 minutes the couscous will have absorbed all the water, so add the other ingredients and season well.
3. Chill until ready to serve.

COOK'S NOTES

- You can add dried fruit to the recipe: chop apricots into small pieces and add this and/or raisins to the dried couscous. Pouring the boiling water over them will help to make them extra juicy.
- Pomegranite seeds also add a sweetness, with added texture and colour.