Mediterranean Couscous & Chickpea Salad

With Sundried Tomato Dressing

6 servings **30 minutes**

Nutritional Information:

ENERGY	(344 kCal) 1445kJ
TOTAL FAT	18 g
PROT	9 g
TOTAL CARBS	42 g
FIBRE	8 g

Ingredients

Salad

150g couscous
250ml vegetable stock
1 tin (400g) chickpeas, drained
1 carrot
1 red onion
1/2 a cucumber, peeled
12 cherry tomatoes, quartered
1/2 cup dried cranberries and raisins
1 cup flaked almonds
Handful fresh parsley

Sundried Tomato Vinaigrette

1/4 cup olive oil
1/4 cup red wine vinegar
1/4 cup balsamic vinegar
4 sundried tomatoes, chopped
oregano, to taste
Garlic powder to taste
Salt and pepper to taste
1 tsp honey or sugar
water, as needed

Chef's Tip:

Make the salad a full balanced meal by adding a portion of grilled chicken.
Serve on bed of leafy greens to increase fibre.

Method

Salad

1. Place the couscous and hot vegetable stock in a bowl and cover with a plate for 5 minutes.
2. In a large salad bowl, place the drained chickpeas, grated carrot, chopped cherry tomatoes, chopped cucumber, finely chopped onion, cranberries and raisins and mix well.
3. Once the couscous is fluffy and cooked add to the bowl too (it shouldn't need draining but if it does, get rid of any excess stock).
4. Add the chopped parsley and mix again.
5. Taste and season with salt and pepper.
6. Toast the almonds in a dry pan for a few minutes until browned. Sprinkle on top after the sundried tomato vinaigrette has beed added and serve!
7. Will keep in the fridge in an air-tight container for 4-5 days.

Sundried Tomato Vinaigrette

1. Combine Vinaigrette ingredients in a bowl, whisk together.
2. Pour dressing over couscous mixture, stir through and serve.
3. Serve as is or on a bed on leafy greens. Can also serve warm.

essential nutriments
REGISTERED DIETITIANS