



## Pearl Couscous Salad

Serves 1

Prep time: 5 minutes

Cooking time: 10 minutes

Per portion

Calories: 227

Fat: 3.5g

Saturates: 0.3g

Carbs: 42.5g

of which sugars: 4.8g

Fibre: 3.1g

Protein: 8.3g

Salt: 0.89g

### Ingredients:

- 50g dry pearl couscous
- 6 cherry tomatoes, quartered
- 10g dried cranberries
- 50g cucumber, diced
- ½ tsp dried mixed herbs
- zest and juice of 1 lime
- 1 vegetable stock cube
- small handful of fresh parsley, chopped
- Rapeseed oil spray
- Salt and black pepper to season

### Instructions:

Add a couple of sprays of the oil into a saucepan and heat. Add the couscous and gently fry for a couple of minutes until the couscous smells toasted, add the dried cranberries then cover with water and add the stock cube. Bring to the boil and simmer for 6-8 minutes, or until the couscous is just tender.

Using a sieve, drain the couscous and transfer to a bowl. Stir in the remaining ingredients.

Season with a little salt and pepper.

Serve straight away or store in the fridge for up to 24 hours