



Couscous with fruit and nuts

Serves 2

Prep time: 5 minutes

Cooking time: 0 minutes

Per portion

Calories: 308

Fat: 9.4g

Saturates: 0.7g

Carbs: 48.5g

of which sugars: 11.7g

Fibre: 1.9g

Protein: 9.2g

Salt: 0.88g

Ingredients:

- 100g dry couscous
- 300ml hot vegetable stock
- 3 dried apricots, chopped
- 1 tbsp sultanas
- 5 almonds, chopped
- 15g pine nut kernels

Instructions:

Put the couscous, chopped apricots and sultanas in a mixing bowl and pour over the hot vegetable stock. Mix well, then cover with clingfilm and leave for 2-3 minutes until the water has been absorbed.

Add the almond and pine kernels to the couscous and mix together well.

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