

Lemon Couscous Salad

Preparation time: 20 mins

Serves: 4 people

Categories:

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Dinner Recipes, Quick & Easy, Lunch Recipes, Vegetarian



Ingredients

- 1 1/4 cups reduced salt chicken or vegetable stock
- 1 cup couscous
- 2 tsp finely grated lemon rind
- 2 tbsp lemon juice
- 1 tbsp extra virgin olive oil

- 1 1/2 cups frozen broad beans
- 1 bunch asparagus, halved lengthways and crossways
- 60g baby rocket leaves
- 4 eggs
- 2 tbs shredded mint leaves

Method

Place the chicken stock into a saucepan, cover and bring to the boil. Add the couscous, stir once. Turn off the heat and stand, tightly covered, for 5 minutes. Transfer to a large bowl, stir in the rind, juice and oil, and fluff up the grains with a fork. Set aside to cool, stirring occasionally.

Place the broadbeans into a sieve under running water to loosen the skins. Pinch a hole in each skin, and slip the bean out. Put the asparagus and broad beans into a heatproof bowl, and cover with boiling water. Stand for 3 minutes, then drain and refresh under cold running water. Drain well. Combine the asparagus, broadbeans and rocket with the couscous.

Heat about 5cm water in a large saucepan or deep frying pan. Bring to a simmer. Carefully crack the eggs into a cup, then slide into the water. Cook for 3 minutes, until the whites have set. Divide the couscous between serving plates, and top with a poached egg. Sprinkle with mint and freshly ground black pepper.

Notes

If you want to use fresh broadbeans, you will need about 500g. Open the bean pods and pull out the beans. Pierce the end of the greyish skin on each bean with your thumbnail, and slip the bright green bean out. Blanch as directed.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
304g	1380kJ 330kcal	19.2g	9.6g	2g	36.8g	3.1g
Sodium	Fibre					
291mg	8.4g					

All nutrition values are per serve.