

Tabbouleh with pomegranate & parsley

Serves 4-6



Ingredients (allergens in bold)

- 250g **couscous**
- 1 tsp vegetable **stock powder** or **crumbled stock cube** made up with 300ml boiling water
- 1 clove **garlic**, peeled and crushed
- 1 yellow **pepper**, deseeded and diced
- 4 **spring onions**, cleaned and finely sliced
- 1 **carrot**, scrubbed and coarsely grated
- 2 **tomatoes**, finely chopped
- 2 **tbsp olive oil**
- 1 **lemon**
- pinch salt and freshly ground **pepper**
- 75g **pomegranate seeds** (optional)
- small bunch of **flatleaf parsley**, finely chopped

Method

1. Put the **couscous** in a mixing bowl and pour on the boiling stock. Give it a stir then cover the dish with a plate to keep the steam in.
2. Prepare the **garlic**, **pepper**, **spring onions**, **carrot** and **tomatoes** as outlined in the ingredients list and put them in a bowl. Drizzle in the oil.
3. Zest and juice the **lemon** and add to the bowl of vegetables with some salt and **pepper**. Mix well and leave to stand for 5 minutes.
4. Take the plate off the bowl of **couscous** and fluff it up with a fork.
5. Add the **couscous** to the vegetables and mix well.
6. Turn the salad into a serving dish and scatter with chopped **parsley** and **pomegranate seeds** if using them.



Equipment

- 2 mixing bowls
- measuring jug
- plate to make a lid for the bowl
- chopping board
- sharp knife
- zester or grater
- lemon squeezer
- measuring jug
- kitchen scissors
- fork
- tablespoon

Recipe notes and tips

- Couscous is made from wheat so not suitable for people who are intolerant to gluten.
- Other fruit and vegetables that work well in a couscous salad are sweetcorn, chickpeas, raisins, dried cranberries, peas and courgettes.