

RECIPE

Pearl Couscous

Ingredients

- 400g Pearl couscous
- ½ bunch of kale, leaves peeled from stalk
- ½ bunch of spinach, leaves peeled from stalk
- 1 bunch chives
- 1 bunch chervil
- 4 lemons, juiced
- 1 tbsp Dijon mustard
- 1 tbsp sherry vinegar
- 4 tbsp yoghurt
- ½ broccoli, roasted
- 2 red peppers, roasted
- 2 yellow peppers, roasted
- 2 zucchinis, roasted
- 4 tbsp raisins



Method

1. Pre-roast your Broccoli, Peppers and Zucchini until they have charred and softened. 180C degree oven for 20-30 mins then allow them to cool.
2. Add your Pearl couscous to a pot, add the stock and simmer away. For the best outcome, cook your couscous like risotto or you can do the absorption method like rice – 1 part couscous to 2 parts stock.
3. Take the kale and Spinach leaves off the stalk and blanch them in a pot of boiling water for 10-15 secs and then transfer to a bowl of iced water to keep the leaves green.
4. Add your blanched leaves, yoghurt, vinegar, mustard, chives and lemon juice to a blender and blitz together to make your salad dressing.
5. Cut up your whole roasted veg into bite sized pieces then add to a mixing bowl with your raisins.
6. Once all the stock is absorbed and al dente, add your pearl couscous and dressing to the mixing bowl and combine well.