



Tabbouleh

Ingredients (serves 1)

60 g precooked couscous

½ tomato

½ spring onion

1 tbsp parsley

1 tbsp coriander

Juice of ½ lemon

1 tbsp extra virgin olive oil

Method

1. Wash the tomato and cut it into small pieces.
2. Chop the spring onion.
3. Chop the parsley and the coriander.
4. Put the couscous in a wide bowl.
5. Boil water (1:1 ratio water to couscous).
6. Incorporate the boiling water to the couscous making sure it gets fully covered. Stir well, cover with a lid and rest until its fully hydrated.
7. Stir with a fork to separate the couscous.
8. Season the couscous with lemon juice. Mix in the tomato, spring onion and herbs. Add a tablespoon of virgin olive oil and serve.

Recommendations

Add spices according to personal taste (curry, turmeric, cumin, etc.).