



QUICK FETA COUSCOUS SALAD

Tired of the same old salads? Looking for something fresh and delicious to add to your menu? This delectable couscous feta salad could well fit the bill.

 15 minutes

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 4 portions

INGREDIENTS

- 170 grams of couscous, dry
- 60mls of olive oil
- 30mls of lemon juice
- 1 garlic clove, minced
- 55 grams of red onion, finely chopped
- 140 grams of cherry tomatoes, halved
- 255 grams of cucumber, chopped
- 15 grams of fresh parsley, chopped
- 7 grams of fresh mint, chopped
- 45 grams of feta cheese, crumbled

COOKING METHOD

- 1° In a medium saucepan, bring 240ml water to a boil. Remove from heat, stir in couscous, season with salt and pepper, cover, and let sit for 5 minutes.
- 2° Uncover, fluff with a fork, and let cool for another 5 minutes.
- 3° In a small bowl or mason jar, whisk together lemon juice, olive oil, garlic, and season with salt and pepper.
- 4° In a large bowl, combine couscous, red onion, cherry tomatoes, cucumber, parsley, mint, and feta. Mix well.
- 5° Pour the dressing over the salad and toss to combine.
- 6° Taste and adjust seasoning if needed.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (195 g)	% DRI
ENERGY	176 kcal	342 kcal	17 %
PROTEIN	4 g	8 g	17 %
CARBOHYDRATE	19 g	37 g	14 %
SUGARS	2 g	4 g	5 %
FAT	10 g	19 g	27 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	19 %
FIBER	1 g	3 g	11 %
SODIUM	62 mg	120 mg	5 %