



SORT OF TABBOULEH

(ALL VEGGIE COUSCOUS)



INGREDIENTS

SERVES 6

- 250g dried couscous
- 2 tablespoons olive oil
- 2 tomatoes
- 1 stick of celery
- 1 large carrot
- 2 spring onions
- 2 tbsp mint
- 1 cup flat leaf parsley
- 2 tbsp sultanas
- Salt and black pepper
- Borage flowers

FROM THE GARDEN

- Parsley
- Mint
- Spring onions
- Lemon
- Carrots
- Borage flowers

EQUIPMENT

- Chopping boards
- Knives
- Mixing bowls

INSTRUCTIONS

1. Put couscous in a heatproof bowl, add half the oil and some salt. Pour enough boiling water to just cover couscous. Cover the bowl with a lid or plastic wrap and set aside.
2. After 5 minutes uncover the couscous and turn over with a fork to separate the grains.
3. Deseed the tomatoes.
4. Finely chop tomatoes, celery, carrots, mint, parsley and spring onions.
5. Add tomatoes, celery, carrot, mint, parsley, spring onions, sultanas, lemon juice and remaining olive oil to the couscous and toss to combine. Season with salt and pepper. Decorate with borage flowers and serve.