

MEDITERRANEAN COUSCOUS SALAD

*serves 5

Ingredients:

1 red onion
2-3 cloves garlic
1 green capsicum, finely diced
400g butternut pumpkin, peeled
2 zucchinis (~500g)
80g black olives, chopped
 $\frac{3}{4}$ cup wholemeal couscous (or quinoa)
3 tablespoons extra virgin olive oil
400g tin tuna in oil
Good handful flat leaf parsley
Salt & cracked black pepper
2 tbs fresh lemon juice
80g feta cheese



Method

1. Heat oven to 200°C. Cut pumpkin into bite size pieces (~2-3cm) and slice zucchini into $\frac{1}{2}$ cm thick strips. Toss veggies in 1 tablespoon olive oil and bake in oven until soft (~20-25 minutes).
2. While the vegetables are cooking, heat 1 tablespoon olive oil in a frying pan and cook the onion and garlic on low heat until onion looks glassy.
3. Prepare the couscous as per packet. Mix all the veggies (cut zucchini into smaller pieces), olives, couscous, tuna (drain most oil) and parsley together. Whisk lemon juice with remaining 1 tbs olive oil and a little salt, pour over couscous mixture and toss. Divide into 5 bowls and serve with a sprinkle of feta cheese and black pepper.

Tip: to make this even more Mediterranean, replace the tuna with sardines. Divide one 100g tin of sardines in oil between 2 serves. Grill sardines.

Each serve contains 3 serves of vegetables.

Nutritional Profile

(Per serve)

Energy	1870kJ
Fat	25g
Protein	23g
Carbs	32g
Fibre	7g

"changing the way you eat"