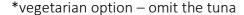


Couscous salad with tuna & toasted seeds

*serves 2

Ingredients

2/3 cup raw couscous
2 spring onions, chopped
Handful currants or sultanans
2-3 tbls pumpkin seeds, lighted toasted
185g tin tuna in oil (or use shredded roast chicken)
400g tinned lentils or white beans (drained and rinsed)
Extra virgin olive oil (evoo)
Salt & pepper





Method

- Heat 2 tbls evoo in a fry pan and cook lentils on moderate heat until crispy
- Toast seeds in large frying pan on medium heat until they start looking nice and toasty. You can do a larger quantity and keep in a jar ready to use.
- Make couscous as per packet instructions or 1 part couscous to 1 part boiling water works well, leave for 5 minutes and then add 1-2 tbls evoo and fluff with a fork
- Add the fried lentils, sultanas, spring onions, tin of tuna (or shredded chicken), most of the seeds and mix together with a little salt and pepper serve and then sprinkle some more seeds over the top and enjoy!

