

## *Couscous salad with tuna & toasted seeds*

\*serves 2

### Ingredients

2/3 cup raw couscous  
2 spring onions, chopped  
Handful currants or sultanans  
2-3 tbs 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

\*vegetarian option – omit the tuna



### Method

- Heat 2 tbs 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 tbs evoo and fluff with a fork
- Add the fried lentils, sultanans, 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!

