

Cous Cous and Pesto Salad

Ingredients:

For the Salad:

- ❖ 2 cups of wholemeal cous cous
- ❖ 1/4 cup of coriander
- ❖ 1 red onion
- ❖ ½ a carrot, peeled and shaved
- ❖ ½ a yellow capsicum
- ❖ ½ a zucchini, peeled and shaved
- ❖ 1 bunch of asparagus
- ❖ ½ cup pumpkin, cooked & diced
- ❖ ½ cup of peas, cooked
- ❖ ¼ cup of pine nuts
- ❖ 2 tbsp. of pesto
- ❖ 100g of haloumi cheese
- ❖ Pepper, to taste

Serves 4



Method:

To begin, chop the onion, capsicums and asparagus, and then lightly cook for 2 minutes in a frying pan. Next peel and shave the carrot and zucchini into neat strips. Cook frozen peas as per packet instructions, drain then set aside. Dice pumpkin and place on a baking tray in the oven for approx. 15-20 minutes until soft. Next you need to toast the pine nuts in a frying pan until lightly golden. The wholemeal cous cous should be prepared as per the instructions on the packaging. In the meantime, slice the haloumi into strips and cook in a frying pan on medium heat for about 2 minutes on each side, or until golden brown. Remove haloumi from the heat.

Finally we need to combine all ingredients to make our salad. Toss together all vegetables, pine nuts, cous cous and coriander. Finally, transfer salad onto a serving platter and top with haloumi strips and drizzle with pesto. Season with pepper as per your preferences