

# Salads

## AVOCADO COUS COUS SALAD



This is such a versatile salad, add chopped dried apricots, sultanas or even chopped apple. It even tastes better the next day, when the cous cous has absorbed all the flavours.

2 avocados  
500g cous cous  
1 tbsp lemon juice  
220g canned chickpeas, drained  
1 red pepper, finely chopped  
1 tbsp pomegranate seeds  
4 tbsp orange juice  
2 tbsp virgin olive oil  
2 tbsp mint, chopped  
1 tbsp flat leaf parsley, chopped  
100g pine nuts, toasted

Cover the cous cous with boiling water. Cover with a damp tea cloth and leave to soak for 20 minutes. Fork through to loosen the grains.

Peel and stone the avocado and cut into chunks. Toss in the lemon juice.  
Mix together the avocado, chick peas and pepper and add to the cous cous.

Add the pomegranate seeds to the cous cous.

Add the orange juice to the lemon juice and whisk with the oil. Add the dressing and herbs to the cous cous and fork through. Serve with a sprinkling of pine nuts.

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