Moroccan cous cous salad

50g cous cous

75ml boiling water

½ tsp ground cumin

½ tsp ground coriander

½ tsp ground cinnamon

1 lemon, zest only

½ pomegranate

¼ cucumber

2 tbsp tinned chick peas, drained

¼ red onion

15ml balsamic vinegar

60ml natural yoghurt

1 lemon, juice only

Small handful fresh coriander and flat parsley leaves

Handful rocket leaves

*Method*

Place the cous cous in a small bowl with spices. Pour the boiling water on top and cover the bowl with cling film to allow the cous cous to steam and absorb the water for 5 minutes.

Using a wooden spoon, bash the back of the ½ pomegranate to release the seeds. Remove the seeds from the cucumber and finely dice.

Remove the cling film from the cous cous bowl and using a fork, mix the cous cous to break it up and loosen the now cooked cous cous. Combine with the lemon zest, pomegranate, cucumber and chick peas.

Finely slice the red onion and place in a small bowl. Pour the vinegar on top and allow to sit for a few minutes.

Mix the lemon juice, herb leaves and lemon juice to form a light yoghurt salad dressing.

*To finish…*

Place the rocket leaves in a small bowl. Place a few spoons of the cous cous mix on top of the rocket leaves. Place the lightly pickled onions on top and drizzle a little of the vinegar over the cous cous. Finally dress the salad with the herby yoghurt dressing to finish.