



SERVES: 4

SPAR 

BETTER CHOICES
 Eat well, Live better

PREPARATION TIME: 45 minutes
including chilling of the couscous

INGREDIENTS:

- 165g uncooked couscous
- 2 tablespoons olive oil
- 4 tablespoons lemon juice
- 5g chopped fresh parsley leaves
- 5g chopped fresh basil leaves
- 1/2 teaspoon salt
- 1/2 red onion, finely diced
- 90g pitted olives - black and/or green
- 175g baby tomatoes, halved
- 125g diced cucumber
- 75g cubed Feta cheese
- 1 avocado, sliced

METHOD:

1. Place the couscous in medium pan or dish that has a lid. Stir in the boiling water (quantity as per pack instructions to prepare 165g of uncooked couscous). Cover and allow to sit in warm place for 10 minutes. Remove lid and fluff with a fork.
2. Meanwhile, in a large mixing bowl, stir together dressing ingredients - oil, lemon juice, chopped herbs and salt.
3. Stir the onion and olives into the dressing mix.
4. Stir in couscous gently and mix well. Place in the fridge to chill for at least 1/2 hour.
5. When ready to serve, mix the tomatoes and cucumbers into the couscous mix. Top with the feta cheese and sliced avocado.

ENJOY!