

## Recipe for Moroccan Couscous Salad



Start to finish: 45 minutes

Servings: 8 sides or 4 main

### Ingredients

235 ml (1 cup) water

2 ml (1 teaspoon) turmeric

4 ml (2 teaspoons) ground coriander

4 ml (2 teaspoons) cumin

Salt

235 ml (1 cup) uncooked couscous

2 lemons

80 ml (1/3 cup) extra-virgin olive oil

Skin of 1 medium zucchini, finely diced

1 red bell pepper, seeded and finely diced

1 green bell pepper, seeded and finely diced

1/2 medium red onion, finely diced

120 ml (1/2 cup) currants, soaked in hot water for 10 minutes, then drained

30 ml (2 tablespoons) chopped flat-leaf parsley

### Method

In a small saucepan, combine the water, turmeric, coriander, cumin and 2 ml (1 teaspoon) of salt. Bring to a boil.

Meanwhile, place the couscous in a large bowl. Once the spice mixture has boiled, pour it over the couscous, then mix together with a fork. Cover the bowl with plastic wrap and let stand 15 minutes, or until all liquid is absorbed.

Use your hands break up and fluff the couscous, breaking up any clumps. Zest and juice the lemons and add both to the couscous. Drizzle in the olive oil, then use a fork to mix well.

Add the zucchini skin, bell peppers, onion, currants and parsley, then mix well. Season with salt. Cover and refrigerate several hours to allow the flavors to blend. Let come to room temperature for servings.

The salad can be prepared several days in advance.

### **Nutrition information**

per serving

211 calories; 88 calories from fat; 10 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 28 g carbohydrate; 4 g protein; 3 g fiber; 297 mg sodium.

