

CRAZY JACK'S COUSCOUS SALAD

200g Crazy Jack Couscous

2 or 3 Spring Onions

1 or 2 fresh tomatoes

½ a cucumber

A big bunch of coriander (or mint, parsley or Basil)

Juice & zest of an unwaxed lemon*

1 Tbsp Pine Nuts*

1 Tbsp Pumpkin Seeds*

1 Tbsp Sunflower Seeds*

1 Tbsp Extra Virgin Olive Oil

* Crazy Jack organic has all of these seeds and a convenient organic squeezey lemon juice with essential oil as an alternative to fresh lemons

Cooking Instructions

Prepare the couscous as follows:

1. Boil 2 cups of boiling water (or stock) in a wide bottomed pan.
2. Remove from heat and add 1 cup (200g) of couscous
3. Cover and leave for 5-7 minutes
4. Add a knob of butter or tablespoon of oil and fluff up with a fork
5. Dice all of the fresh vegetables; mix the vegetables and seeds into the couscous
6. Roughly chop the coriander (or other herb) and stir it through
7. Finally fork in the oil and lemon, and serve.

This is great served warm, or can be kept cold in the fridge to snack on the day after.