

Veggie, hommus & couscous jar salads



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Preparation 20 mins | Serves 4

These healthy salads are perfect to pack for a picnic or 'take-away' lunch.

½ cup couscous

½ cup boiling water

1 tbs olive oil

1 green onion (shallot), trimmed and thinly sliced

½ small iceberg lettuce, trimmed and shredded

2 medium carrots, grated

2 medium Lebanese cucumbers, diced

350g tomato medley, halved lengthways

⅓ cup reduced fat hommus

Extra virgin olive oil, to serve

STEP 1 Place couscous into a medium heatproof bowl. Pour over boiling water, cover and set aside for 5 minutes until liquid is absorbed. Mix couscous with a fork to break up grains. Stir in oil and green onion.

STEP 2 To make salads, dividing ingredients evenly, layer couscous, lettuce, carrots, cucumbers and tomatoes into 4 x 2 cup (500ml) sealable jars. Top each with 1 tbs hommus. Drizzle with a little extra virgin olive oil to serve.

Good for you...

LEBANESE CUCUMBER

A good source of vitamin C. One of the many functions of vitamin C is to help form collagen which is important for healthy teeth and gums.

