

Spring vegetable, mint & feta couscous salad



Spring vegetable, mint & feta couscous salad

Preparation about 30 minutes

Cooking about 5 minutes

Serves 6 as a side dish

1½ cups couscous

1½ cups boiling water

750g broad beans, shelled (about 300g shelled)

500g green peas, shelled (about 250g shelled)

1 bunch asparagus, trimmed and cut into 5cm pieces

2 green onions (shallots), trimmed and thinly sliced

¼ cup lemon juice

2 tablespoons extra virgin olive oil

½ cup mint leaves, chopped

Salt and freshly ground black pepper

150g marinated feta or Persian or Greek feta, drained and roughly crumbled

1. Place couscous in a large heatproof bowl. Pour over boiling water. Cover and stand for 2–3 minutes until water is absorbed. Separate grains using a fork. Set aside.
2. Bring a medium saucepan of water to the boil over high heat. Add broad beans and peas. Cover and bring water back to the boil. Uncover and cook beans and peas for 2 minutes. Add asparagus and cook for 2–3 minutes until vegetables are tender. Drain and refresh vegetables in cold water. Pat dry with paper towel. Peel broad beans and discard skins.
3. Add broad beans, peas, asparagus, green onions, lemon juice, oil and mint to couscous. Season with salt and pepper to taste. Toss to combine. Gently toss through feta and serve.



Broad beans

- A very good source of dietary fibre, which helps keep the intestine healthy.
- Like many beans, broad beans are a source of protein, making them especially valuable for those who do not eat meat.
- A good source of niacin (vitamin B3) which is essential for cells to use the energy provided by proteins, fats and carbohydrates.