

Coriander, mint & chicken couscous salad



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Preparation: about 30 minutes
Serves: 6

2 cups couscous
1/3 cup currants
2 cups boiling water
1 barbecued chicken, flesh shredded
(discard skin and bones)
4 green onions (shallots), thinly sliced
1 cup coriander leaves, roughly chopped
1/2 cup mint leaves, roughly chopped
1/3 cup almond kernels, chopped
100g Greek feta cheese, crumbled
Lemon wedges, to serve

Lemon dressing

1/4 cup lemon juice
1 tsp lemon zest
1 garlic clove, crushed
1/3 cup extra virgin olive oil
Salt and ground black pepper

1. Place couscous and currants into a large heatproof bowl. Pour over boiling water, cover and set aside for 3 minutes until water is absorbed. Fluff grains with a fork to separate.
2. Add shredded chicken, green onions, coriander, mint, almonds and feta to couscous. Toss to combine.
3. To make lemon dressing, combine ingredients in a screw-top jar. Season with salt and pepper. Shake until well combined. Drizzle dressing over couscous. Gently toss to combine. Serve with lemon wedges.



Coriander

- Like many fresh herbs, coriander has many minerals and vitamins, although the quantity usually used may be too small to make a major contribution to the diet.
- If you use a lot of coriander, it will supply iron – 35g of fresh coriander has as much as iron as 100g of lean meat.