

# Tabouli & couscous salad



## Tabouli & couscous salad

**Preparation:** about 20 minutes

**Cooking:** about 5 minutes

**Serves:** 4–6 as side dish

1½ cups couscous

1½ cups boiling water

300g can cannellini beans, drained and rinsed

3 cups firmly-packed flat-leaf parsley leaves, chopped

1 cup mint leaves, chopped

6 green onions (shallots), thinly sliced

250g grape or cherry tomatoes, chopped

½ cup extra virgin olive oil

2 lemons, juiced

salt and ground black pepper

1. Place couscous into a large heatproof bowl. Pour over boiling water and stir to combine. Cover and set aside for 3 minutes or until water is absorbed. Stir with a fork to separate grains.
2. Add cannellini beans, parsley, mint, green onions and tomatoes to couscous. Toss gently to combine.
3. Combine oil and lemon juice in a screw-top jar. Season with salt and pepper to taste. Shake well to combine. Pour dressing over couscous salad, gently toss and serve.



### Parsley

- A sprig of parsley can't provide significant quantities of nutrients, but when used in larger amounts, parsley is highly nutritious, providing iron, needed for making red blood cells.
- Vitamin C, useful for helping keep gums healthy and fight infections.
- Beta carotene, which is converted to vitamin A and benefits vision in dim light.
- Potassium, which helps balance sodium from salt.
- Calcium, needed for healthy bones.