

# Grant J Roberts

Sports Therapy & Personal Training

## Quick & Simple Couscous Salad

Serves 2

### Ingredients

200g	Couscous	
350mls	Light Chicken or vegetable Stock	
200g	Roasted tomatoes and their oil	
10cm	Cucumber piece	<i>Diced</i>
4	Spring Onions	<i>Finely sliced</i>
25g	Fresh mint leaves	<i>Roughly Chopped</i>
2tbs	Lemon Juice	
60mls	Olive Oil (as a top up)	
100-120g	Soft Cheese (goats, feta etc)	

### Method

1. Place cherry tomatoes of choice in a roasting tray along with a tablespoon of olive oil and cook for 15 minutes on 180 degrees
2. Meanwhile prepare the cucumber, spring onions and mint.
3. Now, put the Couscous in a large bowl and season well.  
Add a splash of the olive oil from the roasted tomatoes and then the hot stock.  
Stir and leave to cool completely, fluffing up now and then with a fork
4. Add the cucumber, spring onions, mint and lemon juice to the couscous.
5. Add the tomatoes with their oil, topping up with extra olive oil (1 tablespoon maximum) if there is not enough tomato oil. Stir gently but well.
6. Lastly add the cheese.
7. Either serve 2 or use as two portions. Will keep in the refrigerator for 2-3 days.