

Cous Cous Salad

<p>Equipment:</p> <ul style="list-style-type: none"> Metric measuring scales, cups and Spoons Small frying pan for toasting Clean tea towel Chopping board Cook's knife Juicer Saucepan with lid Colander Mixing bowls – 1 small, 1 large Mixing spoon Serving platter 	<p>Ingredients:</p> <ul style="list-style-type: none"> 1 and ½ cups of cous cous 1 shallot, finely chopped 1 small handful of parsley, roughly chopped 1 small handful of mint, roughly chopped 2 tbsp of currants 3 young kale leaves, finely shredded 2 tbsp sunflower seeds, toasted 4 tbsp pepitas (pumpkin seeds), toasted 1 small handful of coriander, roughly chopped Juice of 1 lemon 3 tbsp olive oil ¼ tsp salt, to taste ¼ tsp pepper, to taste 100 g feta cheese, crumbled
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What to do:

1. Cook the cous cous as directed on the packet.
2. Prepare the rest of the ingredients based on the instructions in the ingredients list.
3. Combine the shallot, herbs, currants, kale, seeds, coriander, and cous cous in the large mixing bowl.
4. Drizzle the lemon juice and oil over the salad, toss to combine and season to taste with the salt and pepper.
5. Transfer to the serving platter and serve with the feta cheese sprinkled over the top.
6. You might like to serve this salad with some herbs artfully placed on top.