

Couscous Tabouli

Equipment:

Sharp knives
2 chopping boards
Large bowl
Measuring cup
Measuring spoons

Ingredients:

100g couscous
3 large, juicy tomatoes, roughly chopped
½ cucumber, peeled and diced
50g flat-leaf parsley, chopped
25g fresh mint, chopped
2 tbsp chives, chopped
1 small red onion, finely chopped
50g raisins
Juice of ½-1 lemon
Dash of hot sauce
Salt and black pepper

What to do:

1. Put the couscous into a large bowl and add the tomatoes, cucumber, parsley, mint, chives, red onion, raisins, and lemon juice. Mix well. Season to taste with salt, pepper and a few shakes of hot sauce.
2. Cover and leave in the refrigerator or a cool place for at least ½ hour. It is ideally refrigerated and eaten the next day when it has returned to room temperature.