



Almond & Pistachio dukkah couscous

Preparation time: 5-10 minutes

Cooking time: 5 minutes

Serves: 8

Ingredients:

.125L (4 1/2 cups) chicken stock

500g couscous

2 lemons, cut into wedges

2 x 75g pkts toasted slivered almonds

2 tbs pistachio dukkah

1/2 cup continental parsley leaves

260g (1 cup) Greek-style yoghurt

Method:

Place the stock in a large saucepan over high heat and bring to the boil.

Remove from heat and add couscous. Use a fork to combine.

Cover and set aside for 5 minutes or until the liquid is absorbed.

Use a fork to separate the grains.

Meanwhile, preheat a chargrill on medium-high.

Cook lemon on grill for 2 minutes each side or until charred.

Add the almonds, dukkah and parsley to the couscous and toss to combine. Transfer to a large serving bowl.

Top with lemon and serve with yoghurt, if desired.

Nutritional analysis:

energy 1430kj, fat total 17g, carbohydrate 37g, dietary fibre 4.5g