

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S KISIR

-  **Prep: 10 minutes**
-  **Cook: 20 minutes**
-  **Serves: 4 (as a side)**

INGREDIENTS:

- 1 tbsp olive oil
- 1 red onion, sliced
- 1 large clove garlic, crushed
- 1 red chilli, deseeded and finely chopped
- 2 tsp ground cumin
- 2 tbsp tomato puree
- 190ml boiling water
- 250g cous cous
- Pinch **LoSalt**
- Freshly ground black pepper
- 30g chopped walnuts
- 10 cherry tomatoes, halved
- 4 spring onions, chopped
- Handful chopped parsley
- Handful chopped fresh mint
- Juice 1 large lemon
- Extra slurp olive oil
- Seeds from a pomegranate

METHOD:

1. Start by heating the olive oil in a large saucepan.
2. Add the onion and sauté for 2-3 mins.
3. Add the crushed garlic and sauté for another 2 mins.
4. Next add the chopped, deseeded red chilli and the ground cumin.
5. Then add the tomato puree and the boiling water.
6. Now pour in the cous cous, stir well, and add a pinch of **LoSalt** and freshly ground black pepper. Then cover with a lid, turn off the heat and set aside for 15 mins.
7. Once the cous cous has soaked, pour into a large bowl.
8. Then add the chopped walnuts, cherry tomatoes, spring onions, parsley and mint.
9. Finally add the lemon juice, extra olive oil and pomegranate seeds.
10. Mix well and serve at room temperature along with a dollop of Greek yogurt if you fancy.