



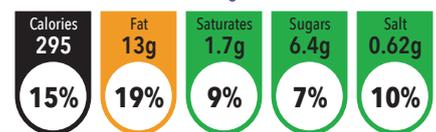
## TOMATO & FENNEL COUSCOUS SALAD

 **Prep: 15 minutes**

 **Cook: 15 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

### INGREDIENTS:

- 1 fennel bulb, finely sliced
- 400g mixed tomatoes, e.g. beef tomatoes diced, cherry and yellow tomatoes
- 2 cloves garlic, sliced
- Juice 1 lemon
- 2 tbsp extra virgin olive oil
- 1 tsp **LoSalt**
- ½ x very low salt vegetable stock cube
- 150g couscous
- 25g toasted pine nuts
- 4 spring onions, sliced
- 2 tbsp chopped coriander

### METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Place the fennel, tomatoes and garlic in a roasting tin, toss in the lemon juice, oil and **LoSalt**, roast for 15 minutes.
3. Meanwhile, dissolve the stock cube in 200ml boiling water and pour over the couscous in a large bowl, cover with clingfilm and leave for 5 minutes, fluff up with a fork and stir in the pine nuts, spring onions, coriander and a little black pepper.
4. Mix the tomato mixture into the couscous and serve.

### COOKS TIP:

Great served warm but the flavours will develop when left to marinate. Ideal for barbecues, picnics or as a simple lunch.