

# Kate's Couscous Salad



## INGREDIENTS

Makes about 4 servings (adjust to make more or less as needed)

This versatile salad can be a main course or a side, it is great on day 2 and day 3 as the flavours continue to enhance, so you can make this once and have food for a few days while you get settled in.

1 cup of dry couscous (cook according to package instructions and let cool, instant microwave couscous is a perfectly acceptable alternative here)

Any vegetables you have or want (the more you add, the larger your portions will be):

1 Red bell pepper (capsicum), diced

1 cup of fresh spinach, roughly chopped

2 carrots, diced

1 red onion, diced

2 medium tomatoes, diced

1 can of garbanzo beans (chick peas), drained and rinsed

Lemon garlic vinaigrette (see next page, double the recipe)

## INSTRUCTIONS

Combine all ingredients and let sit for at least 30 min to overnight in the fridge for the flavours to blend.

Season with salt & pepper to taste.

Enjoy!



# Kate's Garlic Lemon Vinaigrette

## INGREDIENTS

Make double or triple this recipe and keep in a container in the fridge - will last at least a week or longer.

3 Tbsp good olive oil  
1 Tbsp lemon juice  
1 garlic clove crushed or finely minced  
(substitute shallots for a milder version)  
1 tsp Dijon mustard  
1/2 tsp honey to cut the tartness  
(optional)  
Salt & pepper to taste

## INSTRUCTIONS

Combine vinaigrette ingredients slowly while whisking to form an emulsion. Season with salt & pepper to taste.

