

# Chickpea and Couscous Salad

Traffic light category: **Green**

Serves: 8 (260g per serve)

## Ingredients

- 1½ cups vegetable liquid stock, salt reduced
- 2 teaspoons ground cumin or curry powder
- 1½ cups uncooked couscous
- 400g can chickpeas, drained and rinsed
- 3 medium tomatoes, finely diced
- ¼ cup parsley, chopped
- 2 spring onions, sliced (include green tops)

## Dressing

- Rind of 1 orange, finely grated
- Juice of 2 oranges (150mL)
- 1 tablespoon olive oil

## Method

1. Bring stock to the boil, add cumin or curry powder
2. Remove from heat and mix in couscous
3. Cover and allow to stand for 5 minutes until stock has absorbed
4. In a large mixing bowl combine couscous and all remaining ingredients
5. Prepare dressing in a separate bowl. Pour dressing over the salad and mix well
6. Serve warm or cold.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	999kJ	382kJ
Protein	9.52g	3.64g
Total fat	3.63g	1.39g
Saturated fat	0.53g	0.20g
Carbohydrate	38.3g	14.6g
Sugars	3.93g	1.50g
Dietary fibre	5.33g	2.04g
Sodium	256mg	98mg

