



Recipes

Festive Couscous

This is a lovely colourful side dish for any main, and can make a great light festive lunch.

Ingredients (serves 4)

- 50g dried cranberries (or raisins or chopped dried apricots)
- 75g fresh / frozen cranberries (or raisins or chopped apricots)
- 1 large orange (grate the zest and squeeze the juice)
- 160g couscous (e.g. whole wheat)
- Herbs (e.g. large handful of parsley and chives chopped)
- Salt and pepper – to taste

Method

1. Put the dried fruit, orange zest and juice into a small saucepan and place over a low heat. Bring to the boil, reduce the heat and simmer gently for 1–2 minutes. Add the remaining fruit (e.g. cranberries) to the pan, turn off the heat and leave to cool.
2. Cook the couscous according to the packet instructions. Fluff up by dragging a fork gently across the surface of the couscous.
3. Transfer the cooked couscous to a large bowl and mix in herbs you have available.
4. Add the cooled fruit (e.g. cranberry) and orange.
5. Taste and season with salt and pepper.
6. Gently fork the ingredients together, trying not to break up the fresh cranberries.

Tip!

Any leftover couscous makes a good salad base topped with roasted vegetables, cold meats, fish or cheese.

Recipe provided by the team at www.healthnutritionist.co.uk