

COUSCOUS SALAD

1 cup couscous

1 cup boiling water

3 spring onions

canned beetroot, diced into small pieces

1-2 avocados

fresh mint leaves, chopped finely

1-2 Tbsp parsley, chopped finely

Dressing:

Fresh lemon juice (preferably tree ripened!)

Mayonnaise

Place couscous in a bowl, pour over the boiling water and leave for five minutes or until water is absorbed. Fluff with a fork. (May substitute couscous with cooked brown rice.)

Prepare other ingredients and mix them into the couscous with a fork.

Cut avocado in half, remove stone, and scoop the flesh out in small amounts using a teaspoon. Vary quantities according to desired size of salad.

Combine lemon juice with mayonnaise. Work into salad. Vary quantities of salad ingredients and the dressing according to your requirements.

