

Grilled Vegetable Couscous Salad

MAKES:4

PREPARATION TIME:20 minutes

COOK TIME:15-20 minutes

INGREDIENTS:

For the couscous:

- 250g (9oz) couscous
- 300ml (½pt) hot vegetable stock
- 1 red and 1 yellow pepper
- 2 medium courgettes
- 2-3 small red onions
- 3 tbsp freshly chopped coriander

For the Harissa dressing:

- 120ml (4 fl oz) Filippo Berio Extra Virgin Olive oil
- 2 tbsp tomato puree
- 4 tbsp lemon juice
- ½ tsp cayenne pepper
- 2 tsp ground cumin
- Salt and Pepper

METHOD:

Put the couscous into a large bowl , pour over the hot stock, stir then leave to stand until cold.

Meanwhile cut the peppers into 4cm (1½") chunks , discarding the core and seeds, cut the courgettes into thick slices, peel and cut the onions into thick wedges. Put all the vegetables into a bowl, add 2 tbsp of the Olive oil and toss together.

Heat a griddle pan on the barbecue and add a layer of vegetables , cook over a high heat until charred on the edges, remove to a plate then cook the rest of the vegetables in the same way.

Whisk the remaining oil with the rest of the dressing ingredients. Fork through the couscous until fluffy then add the dressing and mix well until all the grains are coloured from the dressing.

Add the cooled vegetables and coriander , then toss together and serve at room temperature.



Cook it with: Extra Virgin Olive Oil