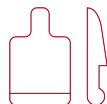




Pearl Couscous Salad with Orange, Asparagus & Peas



DIFFICULTY: EASY



PREPARATION TIME: 25
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 6 AS A SIDE DISH

Ingredients

2 cups pearl couscous

2 cups orange juice

2 bunches asparagus, ends trimmed, spears cut into three

200g fresh peas

½ bunch flat leaf parsley

½ bunch mint

1 tbsp extra virgin olive oil

2 oranges, peeled and segmented

2 spring onions, finely sliced

½ cup pine nuts, toasted

1 cup baby rocket

Salt & pepper to taste

Dressing

1/2 cup extra virgin olive oil

1 tbsp red wine vinegar

1 tsp dijon mustard

Salt & pepper to taste

Method

Set your oven to FullSteam at 100°C and set the timer for 30 minutes.

Place the couscous and orange juice into an oven proof dish large enough to hold everything comfortably then put into the oven.

Place the asparagus and peas into a perforated steam dish and cook in the steam oven for 5 minutes. Remove and set aside to cool while the couscous finishes cooking.

Take half the parsley and half the mint and blitz in a food processor or mortar and pestle with the 1 tbsp of extra virgin olive oil until you have a paste. Chop the remaining parsley and mint roughly. Add the paste and the chopped herbs to a large mixing bowl. Add the orange segments, spring onions, pine nuts and the cooled asparagus and peas to the bowl. Set aside.

In a screw top jar, add the 1/3 cup extra virgin olive oil, red wine vinegar and mustard and shake to combine well. Season with salt and pepper. Add this to the mixing bowl.

Remove the couscous at the end of the cooking time. All the orange juice should have absorbed, but if you have a little bit left, drain this from the couscous. Cool the couscous then add to the mixing bowl with all the other ingredients.

Mix all the ingredients with a fork to prevent the couscous clumping together, then add the rocket and gently mix this through. Season with salt and pepper then pile onto a serving platter. Garnish with a few herb sprigs on top.

Notes
