Tabbouleh

NIBBLEDISH CONTRIBUTOR

Ingredients

- 100 gms instant couscous
- 2 tomatoes
- 2 lemons
- 1 yellow capsicum
- 1 scallion
- Handful of parsley
- Handful of mint
- A drizzle of olive oil
- Salt & pepper

Instructions

1. Cook the couscous as per instructions. Once cook, place in a salad bowl and fluff up until there are no more lumps.
2. Drizzle olive oil, juice from 2 lemons, salt and pepper onto the couscous and stir until well-mixed. Place in the refrigerator.
3. Finely diced the tomatoes (discard the pulp), capsicum (discard the seeds), scallion, mint and parsley.
4. Toss them together with the couscous until well-mixed and place in the fridge again for at least 30 minutes.
5. Serve as is (a whole meal by itself) or as a salad.

For details, click here.