



Method

1. Place couscous in a heatproof bowl. Dissolve stock cube or powder in boiling water then pour over couscous and cover with plastic wrap. Leave to steam for about 5 minutes, and then break up grains with a fork.
2. Meanwhile, toast the pumpkin seeds in a dry pan and leave to cool.
3. Finely chop cucumber, capsicum, orange and mint and add to couscous.
4. Stir through cumin powder.
5. Remove seeds from pomegranate and add them to couscous along with toasted seeds.
6. Use a fine grater to zest $\frac{1}{2}$ lemon, then squeeze juice and add to couscous along with olive oil.

Optional: Top salad with minted yoghurt. Mix 200ml plain Greek yoghurt with $\frac{1}{2}$ clove garlic crushed, 1 tablespoon olive oil and 2 tablespoons finely chopped mint.

Ingredients – Serves 6

- 1 salt reduced vegetable or chicken stock cube
- 1 $\frac{1}{2}$ cups wholemeal couscous
- 1 $\frac{1}{2}$ cups boiling water
- 1/3 cup pumpkin seeds
- 1 large cucumber, finely cubed
- 1 capsicum, finely chopped
- 1 orange, cut into fine segments
- 2 tablespoons mint, finely chopped
- 1 teaspoon cumin powder
- 1 pomegranate or $\frac{1}{2}$ cup cranberries
- 2 tablespoons olive oil
- 1 lemon – use juice and 1 tablespoon zest