

AVOCADO GREEK SALAD WITH PEARL COUSCOUS

HEALTHY

VEGETARIAN



Serves 6



Prep Time 20 minutes



Cook Time 10 minutes



Easy As

For a vegan version, omit the optional feta.



INGREDIENTS

- 1 cup pearl couscous
- 1/3 cup **Eta Caramelised Onion Dressing**
- 10 cherry tomatoes, halved
- 1/2 telegraph cucumber, sliced lengthwise and cut into chunks
- 1 avocado, diced

METHOD

1. Cook pearl couscous according to packet directions. Rinse in cold water and drain well. Put into a mixing bowl and stir through **Eta Caramelised Onion Dressing**. Set aside for 10 minutes to allow the couscous to absorb the dressing flavours.

- ½ red capsicum, deseeded and sliced
 - ½ yellow capsicum, deseeded and sliced
 - ¼ cup pitted black olives (optional)
 - ½ x 120g bag salad leaves
 - 50g feta (optional)
2. Add cherry tomatoes, cucumber, avocado, red and yellow capsicums and olives, if wished. Toss to mix through the couscous.
 3. Place salad leaves on a serving platter or in a bowl. Spoon over the couscous mixture. Scatter over crumbled feta before serving.

TIPS

- This recipe gets the Healthy Pick for Light Meals and Sides.