

Lemon chickpea couscous

A bright, simple salad for lunch or a shared table.



15 min

Total time

2

Lunch servings

Plant-based

Simple ingredients

Ingredients

- 120 g instant couscous
- 150 ml boiling water
- 240 g drained cooked chickpeas
- ½ cucumber, diced
- 150 g cherry tomatoes, halved
- 2 tbsp chopped parsley
- 2 tbsp olive oil
- 1 lemon, zest and juice
- Salt and black pepper

Method

1. Put the couscous in a bowl. Pour over the boiling water, cover and leave for 5 minutes, then fluff with a fork.
2. Whisk the oil with the lemon zest and juice. Season with a little salt and pepper.
3. Fold the chickpeas, cucumber, tomatoes and parsley into the couscous. Add the dressing and toss gently.
4. Taste, adjust the seasoning and serve.

Make it your own

For a softer lemon flavour, add half the juice first and taste before adding the rest. Fluffing the couscous before mixing helps the dressing reach every grain.