

SPICY COUS COUS

INGREDIENTS

128g cous cous

$\frac{1}{2}$ tsp ground cumin

1 tsp salt to taste

Boiling water to cover cous cous (you could use a vegetable or chicken stock for extra flavour)

1 clove garlic

1 440g can black beans, rinsed and drained.

1 small can of corn

64g finely chopped red onion (although a white onion will be fine) this is a small onion or half an onion

30g chopped fresh coriander

1 red or green pepper diced

3 tblsp olive oil

3 tblsp lime juice



METHOD

WASH YOUR HANDS

1. Combine the cous cous, cumin and salt in a large bowl. Stir in the water/stock and seal with plastic wrap or covering. Set aside for 10 minutes.
2. While waiting for the cous cous, cook the garlic in a little oil in a small pan over a medium-high heat until toasted. Stir the garlic into the cous cous along with the beans, corn, onion, coriander, pepper, oil and lime juice.
3. Serve warm or cool.

This would be good as a side to any meat or vegetable dish or keep it simple with a leafy salad.