



ULTIMATE MEDITERRANEAN SALAD

What you'll need:

- 500 g Velha Couscous
- 250 g Craft Green Beans, cut into 2cm lengths
- 2 x 400 g cans Velha Chickpeas, rinsed, drained
- 2 x 200 g punnets rosa tomatoes, quartered
- 3 small cucumbers, finely chopped
- 1 large red capsicum, deseeded, finely chopped
- 1 red onion, finely chopped
- 80 g (1/2 cup) Velha Black Olives, sliced
- 2/3 cup coarsely chopped fresh dill
- 300 g feta, cut into 1.5cm cubes

Dressing

- 60 ml (1/4 cup) Velha Extra Virgin Olive Oil
- 2 tbsp fresh lemon juice
- 2 tsp Locke's Dijon mustard



How to make:

- Start by rinsing the couscous under cold water and strain in a sieve to remove excess starch
- Cover with boiling water and a pinch of salt. Cover tightly with plastic wrap. Leave to sit for approximately 10 minutes to soften. Uncover and fluff with a fork and taste to ensure correct texture
- To make the lemon dressing, place all ingredients in a jar and seal tightly. Shake until well combined, then season
- Add the beans, chickpeas, tomato, cucumber, capsicum, onion and olives to the couscous mixture. Toss until well combined. Add the dressing and most of the dill
- Toss until well combined. Add the feta and toss gently to combine
- Serve scattered with remaining dill

