



## CHICKPEA & COUSCOUS SALAD

### Ingredients

200g couscous  
200ml reduced salt vegetable stock  
1/4 cup (60ml) olive oil  
Pinch of black pepper  
Pinch of salt  
1x 400g can chickpeas, drained and rinsed  
1 Lebanese cucumber  
1/2 red onion  
1 yellow capsicum  
2 vine ripened tomatoes  
95g tinned tuna in springwater  
1/4 cup mint leaves  
2 tbsp parsley  
2 tbsp lemon juice

**READY IN: 15 MIN**

**SERVES: 4**

### Directions

1. Place the couscous in a large bowl. Pour over the hot vegetable stock and 1 tablespoon of the olive oil. Cover and set aside for 10 minutes. Fluff couscous with a fork and season with salt and pepper.
2. Dice cucumber, onion, capsicum and tomato. When couscous is completely cold, stir in chickpeas, vegetables, tuna, and herbs.
3. In a separate small bowl, combine the remaining olive oil, the lemon juice and, add to the couscous and stir until well combined. Serve.