Mediterranean Couscous Salad

Fluffy couscous with crisp cucumber, tomato, parsley and a tangy lemon dressing.

Prep 15 min **Cook** 10 min **Serves** 4

Ingredients

- ☐ 1 cup dry instant couscous
- ☐ 1 cup boiling vegetable broth
- ☐ 1 cucumber, diced
- ☐ 1 cup cherry tomatoes, halved
- ☐ ½ bell pepper, diced
- ☐ ¼ cup parsley, chopped
- ☐ ¼ cup feta, optional
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp lemon juice
- ☐ ½ tsp oregano
- ☐ Salt and pepper



Spoon & Joy recipe illustration.

Before you start

Use instant couscous
This steeping method is for fine instant couscous. Pearl couscous needs simmering according to its packet.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Pour boiling broth over couscous in a heatproof bowl. Cover for five minutes or according to package directions.
2. Fluff with a fork and allow to cool slightly.
3. Combine cucumber, tomato, bell pepper and parsley in a bowl.
4. Whisk olive oil, lemon juice and oregano.
5. Toss vegetables with couscous and dressing. Add feta if using and season.

Storage & making ahead

Refrigerate promptly in a covered container for up to 3-4 days.

A useful variation Add chickpeas for more protein. Couscous is made from wheat; choose cooked quinoa if you need gluten-free.

Read this recipe on Spoon & Joy