

Pearl CousCous with Roasted Tomatoes

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 2 cup Pearl CousCous
- 250g mixed baby tomatoes
- 2 tablespoons extra virgin olive oil
- Sea salt and black pepper
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/3 cup parsley, chopped
- 1/3 cup mint, chopped
- 1/3 cup currants or sultanas
- ½ red onion, finely chopped
- 1/3 cup mixed seeds, toasted
- ¼ cup extra virgin olive oil
- ½ lemon, juiced
- 60g feta

Equipment:

- Metric measuring scales, spoons and cups
- Chopping board
- Cook's knife
- Medium saucepan
- Colander/Strainer
- Baking tray
- Citrus juicer
- Wooden spoon
- Mixing bowls
- Serving bowl or platter

Method:

1. Preheat oven to 160C.
2. Cook CousCous as per packet instructions and set aside to cool.
3. Halve the tomatoes, place cut side up in a baking tray and drizzle with olive oil and season with salt, pepper and spices. Roast for 10 minutes.
4. Allow the tomatoes to cool slightly, then add the herbs, currants, onion and toasted seeds.
5. Add the CousCous, season with salt and pepper, drizzle over olive oil and lemon juice and toss well to combine.
6. Plate salad in a serving bowl or platter and garnish with crumbled feta.