

# Broccoli, Snow Pea and Couscous Salad with Sweet Tahini Dressing

Bialik College Kitchen Garden Program

## Ingredients:

- 4 Broccoli heads
- large handful of snow peas
- 1 cup couscous
- 4 spring onions, thinly sliced
- ½ bunch flat leaf parsley, chopped
- 2 tablespoons black sesame seeds, toasted
- Dressing:
  - 3 tablespoons tahini, well stirred
  - 3 tablespoons water
  - 1 teaspoon tamari
  - 1 tablespoon maple syrup
  - 1 tablespoon apple cider vinegar
  - 2 tablespoons mirin
  - 1 tablespoon sesame oil
  - sea salt

## Equipment:

- medium saucepan
- chopping board
- cook's knife
- whisk
- metric measuring spoons
- mixing bowl
- fork
- frying pan
- wooden spoon

## Method:

1. Bring a medium saucepan of salted water to the boil.
2. Cut broccoli into small florets and place into the boiling water. Cook for 3 minutes and then drain and refresh under cool water. Set aside.
3. Pull the strings off the snow peas and slice them into strips.
4. Place cut spring onions, parsley, snow peas and broccoli into a bowl.
5. Cook couscous according to packet instructions and mix in with salad ingredients.
6. Toast black sesame seeds in a frying pan.
7. Whisk dressing ingredients together and season to taste.
8. Place salad ingredients onto a platter, drizzle over dressing and sprinkle with seeds and serve.