

Zucchini and couscous salad

Bialik College Kitchen Garden Program



Ingredients:

- 4 zucchini, thickly sliced
- 1 cup fresh mint leaves, torn
- Zest of 1 lemon
- 1 tablespoon lemon juice
- 1 cup couscous
- 1 cup boiling water
- ½ cup feta, crumbled
- 2 tablespoons olive oil

Equipment:

- Metric measuring cups and spoons
- Chopping board
- Cook's knife
- Zester
- Medium bowl
- Fork
- Frypan
- Small mixing bowl
- Serving platter

Method:

1. Combine couscous and boiling water in a medium bowl. Cover and allow to stand for 5 minutes, then fluff with a fork.
2. Thickly slice the zucchini. Cook slices on a heated oiled frypan or grill plate for 2 minutes each side or until tender and golden brown.
3. Combine olive oil, lemon zest and juice in a small mixing bowl. Whisk to combine.
4. Place zucchini, couscous, torn mint leaves and dressing. Gently toss together and then sprinkle with crumbled feta.
5. Serve and enjoy! 😊