

Couscous salad

A. Caminada



Rezept für 4

Ingredients

200 dl vegetable stock
 110 g couscous (roasted)
 1 stalk of lemongrass
 2 slices of ginger
 $\frac{3}{4}$ tbsp of Indian curry
 25 g cane sugar
 220 g pineapple
 100 g fennel
 40 g roasted sunflower seeds
 1 tbsp of coriander
 $\frac{1}{2}$ Granny Smith apple
 1 fennel bulb
 Salt, olive oil, white wine vinegar

Preparing the salad

Bring all the ingredients up to and including the cane sugar to the boil then cover and leave to stew. Dice the pineapple and add the finely chopped fennel and roasted sunflower seeds. Leave all the ingredients to cool, mix and add one tablespoon of chopped coriander. Chop up half a Granny Smith apple and arrange on top of the couscous. Wash the fennel and slice wafer-thin. Dress and season with oil and vinegar and place decoratively on top of the couscous.