



COUSCOUS SALAD WITH STIR-FRIED VEGETABLES AND CHICKPEAS

TIME: 45 MIN

SERVES: 6

Salatschwester | Your Salad Bestie 

INGREDIENTS

DRESSING:

- 1 clove garlic
- 4 tbsp olive oil
- 3 tbsp lemon juice
- 1 tsp ketchup (or tomato paste as an alternative)
- 1 tbsp agave syrup
- 1 pinch paprika powder
- 1 tsp salt
- pepper to taste

SAUTÉED VEGETABLES:

- 1 tbsp oil (e.g., canola oil)
- 1 small zucchini
- 1 large bell pepper
- 1 onion

OTHER INGREDIENTS:

- 200 g couscous
- 1 cucumber
- 400 g canned chickpeas
- 4 sprigs parsley (fresh or dried)

DIRECTIONS

COUSCOUS:

Prepare the couscous according to the package instructions, then let it cool slightly.

DRESSING:

1. Peel and finely press the garlic.
2. Mix garlic, olive oil, lemon juice, ketchup, agave syrup, paprika powder, salt, and pepper to create a flavorful dressing.

SAUTÉED VEGETABLES:

1. Wash and clean the zucchini and bell pepper. Remove the seeds from the bell pepper and dice it. Trim the ends of the zucchini and dice it as well.
2. Peel the onion and finely chop or slice it into rings.
3. Heat oil in a pan and sauté the vegetables over medium heat for a maximum of 10 minutes. Tip: Be careful not to fry the vegetables; just lightly sauté them.

OTHER INGREDIENTS:

1. Wash the cucumber, peel it if desired, and dice it.
2. Rinse the chickpeas under running water in a sieve and let them drain well.
3. Wash, dry, and finely chop the parsley.

ASSEMBLING THE COUSCOUS SALAD:

In a large salad bowl, mix the couscous, chickpeas, cucumber, sautéed vegetables, and dressing. Top with fresh parsley. Store in the refrigerator until serving. This salad can be enjoyed warm or cold.

Notes

- This salad stays fresh for about 3 days in the refrigerator.
- You can prepare it a day in advance for convenience.