

# SPICY COUS COUS SALAD

## WHAT YOU'LL NEED

- 75 mls Olive Oil
- 100g Finely Chopped Onions
- 50g Diced Red Pepper Lightly Cooked in a little olive oil then drained
- 50g Diced Green Pepper lightly cooked as above
- 2 cloves Crushed Garlic
- 8g Ground Cumin
- 4g Ground Coriander
- 4g Ground Paprika
- 2g Ground Turmeric
- 350mls Chicken or vegetable Stock
- 225g Cous Cous
- 6 Spring Onions Sliced
- 2 Dutch Red Chillies – seeded and finely diced
- 50g 1cm diced Leeks
- 50g 1cm Diced Carrots
- 50g 1cm diced Celery
- 50g 1cm diced Cougettes
- 50g Washed Sultanas
- 50g Toasted Pine Kernals
- 35mls Runny Honey
- ½ Lemon zested and juiced
- 6g Finely chopped Coriander
- 6g Finely chopped Mint

## WHAT TO DO

1. Heat half the oil in a large pan, add the onion, celery, carrot, leek and courgette cook until soft and slightly brown but not burnt.
2. Add the garlic and cook for 1 minute then stir and cook for another minute before adding the stock, bring to the boil and stir in the cous cous in a steady stream.
3. Cover and turn off the heat and allow to sit for 5 minutes undisturbed.
4. Remove the cover and fork until the grains are loose and free flowing then fork in the remaining oil and honey.
5. Add the remaining ingredients and season chill and reserve for service.



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