



JEWELLED ROAST TURKEY & COUSCOUS SALAD

Prep: 10 minutes

Cook: 5 minutes

Serves 4

200g wholewheat couscous
Bunch spring onions, thinly sliced
200g roast turkey, shredded
100g dried apricots, chopped
100g pistachios
100g pomegranate seeds
28g pack coriander, chopped
Juice 4 satsumas
2 tbsp extra virgin olive oil
½ tsp LoSalt
Black pepper



Place the couscous in a large bowl and pour over 300ml boiling water, cover with clingfilm and leave for 5 minutes. Fluff up with a fork and allow to cool.

Stir in the onions, turkey, apricots, nuts, pomegranate seeds and coriander.

Mix together the satsuma juice, oil, LoSalt and a little black pepper and stir into the salad.

Cooks tip:

Try using leftover roast chicken or some cooked tiger prawns instead of turkey. Try swapping the pistachios with walnuts or pecans.

Nutrient	Per 100g	Per Serving	%GDA	Traffic Lights
Energy (kcal)	227	540	27	N/A
Protein (g)	12.3	29	N/A	N/A
Fat (g)	8.5	20.5	29	Med
Sat Fat (g)	1.4	3.5	18	Low
Carbs (g)	22.8	54	N/A	N/A
Sugar (g)	7.3	17.5	19	Med
Fibre (g)	4.4	10.5	N/A	N/A
Salt (g)	0.16	0.4	7	Low