

## **Blu Gourmet Pearl Couscous Salad with vegetables and cashew nuts & sesame dressing**



**Servings: 6**

### **Ingredients:**

- 250 gram(s)s Blu gourmet pearl couscous
- 1 juice of a lemon
- 2 tablespoon(s)s soy sauce
- 1/2 teaspoon(s) sesame oil
- 1/2 red chilli (finely sliced)
- 3 tablespoon(s)s extra virgin olive oil
- 80 gram(s)s roasted cashew nuts
- 1/2 cup(s) fresh coriander leaves
- 1 cup(s) cooked corn kernels (canned is fine)
- 200 green beans (cut into small pieces)
- 300 cooked pumpkin cubes

### **Directions**

1. Bring a large volume of salted water to the boil.
2. Stir in the couscous and cook uncovered for 10 minutes.
3. Drain the couscous, place in cold water to cool, then drain again.
4. In a bowl mix together the lemon juice, soy sauce, sesame oil, red chili, olive oil, cashew nuts and coriander leaves.
5. Add the cold drained couscous and toss gently.
6. Add the vegetables and toss together very gently before serving

Recipe and photo kindly supplied by Blu Gourmet Pearl Couscous. For more information and recipe ideas visit [www.blu.net.au](http://www.blu.net.au)