



Roasted Vegetable Couscous Salad with Lemony Dressing



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PREP TIME: 15 min **COOKING TIME:** 15 min **SERVES:** 6 as a side **DIFFICULTY:** Easy

Ingredients

1 cup Pearl Couscous
1 ½ cups low-salt vegetable stock
Olive oil cooking spray
1 zucchini, sliced lengthways
1 red capsicum, seeded and cut into thick strips
250g sweet potato sliced into ½ cm thick rounds
1 red onion, peeled and cut into thin wedges
¼ cup toasted natural flaked almonds
2 tablespoons chopped coriander

DRESSING

Zest and 2 tablespoons lemon juice (approx. 1 large lemon)
1 tablespoon white wine vinegar
1 clove garlic, crushed
1 teaspoon ground cumin
2 tablespoons olive oil
Freshly ground black pepper

This recipe is suitable for everyone with kidney disease.

Method

1. Follow packet instructions for cooking pearl couscous in vegetable stock.
2. Remove from the heat and drain through a sieve. Rinse with cold water and drain well. Transfer to a salad bowl. Fluff up with a fork. Set aside to cool.
3. Preheat a charr-grill pan or BBQ plate over medium-high heat. Spray vegetables evenly with cooking spray. Cook for 2-3 minutes on each side or until charred and cooked through. Transfer to a chopping board and cut into bite-size pieces. Stir through cooled couscous along with almonds and coriander.

DRESSING

1. Combine lemon zest and juice, garlic, cumin and olive oil in a screw-top jar. Add pepper and seal with lid. Shake to mix well. Pour over salad and toss through gently until evenly coated. Serve immediately.

Notes

- Use flavoured olive oil and oil spray for a nice alternative.
- Salad can be made a day ahead, left undressed. Stir through dressing just before serving.
- Substitute almonds with pumpkin seeds or any nuts on hand.

Nutritional profile per serve

Energy	887kj
Protein	8g
Carbohydrate	34g
Fibre	5g
Sodium	173mg (low)
Potassium	453mg (low)
Phosphate	146mg (take a phosphate binder with this meal if you are prescribed them)

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