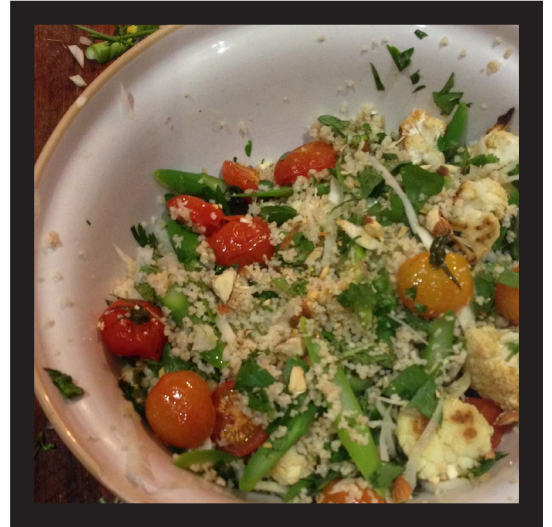


ANNALISE'S SPRING COUSCOUS

INGREDIENTS (for 4 people)

1 Cup Spelt Couscous
2 Cups Chicken/Veggie Stock or Water
1/4 Lemon
1/2 an onion
1 Cinnamon quill
Salt to taste

4 tbs chopped Coriander
4 tbs chopped Mint
2 tbs chopped Parsley
1 bunch Asparagus
1/2 Roast cauliflower
1/4 Fennel finely chopped
Handful of Baby Tomato
Handful of roasted Almonds



METHOD

- Preheat the oven to 180 degrees
- Drizzle cauliflower and tomatoes with olive oil
- Roast for 1/2 an hour or until cauliflower is lightly browned
- In a small saucepan simmer lemon, onion and cinnamon quill for about 20mins
- Strain season with salt and pepper
- Pour on top of couscous, cover with a plate or tin foil and allow to sit for 15mins
- When the water is fully absorbed drizzle with olive oil.
- Cover and place in the oven for another 15-20mins to finish cooking
- Finely slice fennel and lightly steamed asparagus
- Roughly chop herbs and crush roasted almonds
- Once couscous is cooked lightly fluff with a fork
- Combine all ingredients together in a large bowl
- Dress with white balsam and olive oil vinaigrette
- Serve with grilled fish meat or tofu