



ORGANIC BUCKWHEAT & CHICKPEA COUSCOUS TABOULEH

Recipe - SUSAN POLLACK, ITALFOODS

INGREDIENTS

Organic Buckwheat & Chickpea Couscous
Boiling water
Tondo EVOO
Asaro Lemon EVOO
Lemon juice
Lemon zest
Italian Parsley
Mint
Green Onion
Salt



DIRECTIONS

- Pour boiling water over couscous – 1 cup water to 1 cup couscous
- Drizzle a little olive oil over the couscous, salt and stir with a fork. Let sit for about 5-7 minutes
- Break up the couscous with your hands – let cool
- Chop parsley, mint and green onion
- When the couscous is cooled, add the herbs and green onion, lemon zest, lemon juice, salt, and more EVOO and Lemon EVOO. Mix together. Let flavors develop for at least an hour.
- Taste for lemon, salt and oil. Make adjustments as needed.
- Can be made several hours ahead or even a day ahead.