KIKKOMAN

Citrussy Summer Couscous Salad

Total time **20 mins** **20 mins** preparation time

Nutritional facts (per portion):
3,536 kJ / 884 kcal

Fat: **38 g** Protein: **28 g**
Carbohydrates: **118 g**

INGREDIENTS

2 portion(s)

100 g	couscous
2 tbsp	olive oil
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5	cucumber
0.5	red pepper
2	cloves garlic
1 handful	parsley leaves
1 handful	mint leaves
0.5 bunch	spring onions
200 g	seedless grapes
2 tbsp	roasted sunflower seeds
2	sundried tomatoes
8	mixed colour cherry tomatoes
	salt and pepper
1 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon

PREPARATION

Step 1

Place couscous into a bowl. Add olive oil and Kikkoman Ponzu Citrus Sauce and mix thoroughly. Pour over enough boiling water to be around 1 cm above the couscous and then cover the bowl with plastic food wrap. Put aside for 15 minutes.

Step 2

Cut the grapes and tomatoes in half. Chop spring onions and garlic. Dice the cucumber and the pepper. Cut the sundried tomatoes in strips.

Step 3

Stir the soaked couscous with a fork to make it fluffy.

Step 4

Add grapes and both types of tomatoes. Add onions and garlic and mix thoroughly. Add red pepper, roasted seeds, cucumber and herbs.

Step 5

Mix well and, if needed, season with Kikkoman Ponzu Citrus Sauce and black pepper.