

# Couscous with "feta", edamame Beans & pomegranate

(Serves 2)

## Ingredients

- 150g Edamame beans, frozen, in their pods (gives 60g podded)
- 1 tsp Oil, Olive, napolini
- 1 Pepper, any colour, deseeded & finely chopped
- 1/2 Stock pot, (knorr vegetable)
- 160 mls Water
- 80g Couscous (raw weight)
- 1/2 Lemon - juice of
- Few leaves Basil, fresh
- 100g Tomatoes, cherry, halved
- 25g Almonds, whole
- 50g Cheese, Greek salad lighter, cubed (Tesco)
- 30g Pomegranate seeds

## Preparation

1. Cook edamame beans according to packet instructions. Drain & leave to cool slightly.
2. When beans are finger hot, squeeze from their pods & set aside to cool.
3. Heat oil in a pan & cook pepper for 2-3 minutes.
4. Prepare stock. Add to pan. Stir in couscous.
5. Cover pan, remove from heat & leave for 5-8 minutes to absorb stock.
6. Fluff with a fork. Stir in the lemon juice.
7. Serve couscous onto individual plates.
8. Scatter basil leaves, cherry tomatoes, almonds, edamame beans, cheese & pomegranate seeds.
9. Serve.

**TOP TIP:** You can buy edamame beans ready cooked at some stores which does make it quicker but more expensive & they have to be used within a few days unlike the frozen beans in their pods. If you use fresh, cooked beans, use 60g instead of 150g.

## NUTRITIONAL VALUES PER SERVING

Calories 396  
Total Sugars 7.55g  
Total Fats 14.46g  
Saturated Fats 3.37g  
Salt 1.72g  
Fruit & Veg 2