

Artichoke & Goats Cheese Couscous with Walnuts



R & J Mazza
GLOBE ARTICHOKES

Ingredients

2 cups vegetable stock,
1 tablespoon olive oil,
1½ cups couscous,

1 small cucumber, sliced,
100g artichokes hearts, chopped,
¼ cup red onion, chopped,
¼ fresh parsley, chopped,
50g goats cheese, crumbled,
½ cup walnuts, roasted

Dressing

2 tablespoons olive oil,
Juice of 1 lemon,
1 clove garlic, crushed,
2 tablespoons French dressing,
Salt & cracked pepper to taste,



How to Prepare

1. Place stock in a saucepan and bring to the boil. Remove from heat and add oil.
2. Place couscous in a large bowl, add hot stock, cover and stand for about 5 minutes, fluffing with a fork occasionally to avoid couscous from clumping together.
3. Put dressing ingredients in a bowl, mix well and set aside.
4. In a large bowl, add cucumber, artichokes, onion and parsley. Add couscous and stir well
5. Add dressing to couscous and mix. Add crumbled goat's cheese and walnuts. Mix gently. Refrigerate until required.

Serves 6

