

TUNA COUSCOUS



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100g couscous

100ml hot chicken stock or water

$\frac{1}{2}$ can tuna in sunflower oil, drained

Handful stoned black olives, finely chopped

4 cherry tomatoes, finely chopped

For the dressing

Freshly squeezed juice of $\frac{1}{2}$ lemon

3 tbsp olive oil

1 tsp honey

METHOD

01. Put the couscous in a bowl, pour over the hot stock or water, cover and leave for 10 minutes. Once the grains of couscous have absorbed all the liquid, fluff them up with a fork. Stir in the tuna, olives and tomatoes.

02. Place all the ingredients for the dressing in a screw-top jar, secure the lid and shake together. Stir into the couscous. Transfer to a plastic container and chill until ready to take to school.

SOURCE AND PHOTO: Lelane Van Der Walt