

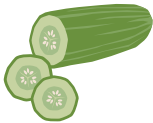
TZATZIKI

SERVES: 4

INGREDIENTS:



200g Greek Yoghurt



½ cucumber



**½ clove of garlic,
crushed**



**Few mint leaves
chopped, to taste**



Salt & pepper to taste

INSTRUCTIONS:

1. Grate the cucumber, and add a pinch of salt. Squeeze the grated cucumber with your hands to get all the liquid out.
2. Put the cucumber in a bowl with the rest of the ingredients. Mix well.
3. Check for seasoning & serve.

FRUITY COUSCOUS

SERVES: Serves 4 - 6

INGREDIENTS:



300g Couscous



1 tbsp oil



**500ml Vegetable
stock**



**3 spring onions,
finely sliced**



**1 small carrot,
grated**



**Lemon juice &
grind to taste**



**100g dried apricots,
finely chopped**



50g cranberries



**Pinch of
ground cumin**



**Handful coriander,
chopped**



Salt & pepper to taste

INSTRUCTIONS:

1. Place couscous in a large bowl. Add the oil and mix well to make sure that all couscous is well coated with the oil.
2. Add the vegetable stock, seasoning & cumin to the couscous bowl. Cover the bowl.
3. Once all the stock has been absorbed, fluff the couscous with a fork.
4. Add the sliced spring onions, grated carrot, chopped apricots, cranberries & lemon (juice & rind), chopped coriander, and mix well.
5. Check for seasoning (you may need to add more lemon or cumin) and serve.