

Recipe PINE NUT COUSCOUS WITH PRAWNS

Ref No. ANP001

INGREDIENTS:

- 1 cup couscous
- 1 cup chicken stock
- 50g **DUCKS PINE NUTS** (toasted)
- 1/4 cup **WINN MIXED CITRUS PEEL**
- 1/2 cup **WINN SULTANAS**
- 1 small onion,
- 1 clove garlic finely sliced & sautéed in 2 tbsp oil
- 24 cooked prawn tails

DRESSING:

- 1 tablespoon lemon juice
- 2 tablespoons fresh coriander leaves
- 1 teaspoon ground cinnamon

METHOD:

Heat the stock in a micro wave safe dish for 4 minutes.
Add couscous and citrus peel – cover with plastic wrap and set aside until moisture is absorbed.
(Approx 10 minutes)

Add the pine nuts, sultanas, onion and garlic mix through.
Toss the dressing ingredients through with the prawns.

Simple and delicious – serve as an easy meal solution.

Serves 4 as a main meal.

