

Emily's Feta Cheese Couscous

🕒 2 servings

571 Kcal / serving

26g Protein 19g Fat 77g Carbs

Ingredients

- 300ml - **Boiling water**
- 150g - **Wholemeal couscous**
- 1 small (150g) - **Courgette**
- 250g - **Green beans**
- 15g - **Fresh flat-leaf parsley**
- 15g - **Snipped fresh chives**
- 150g - **Feta cheese**
- 1 - **Lemon**
- 1 - **Mild red chilli**
- 1 teaspoon - **Rapeseed or olive oil**
- 50g - **Baby spinach leaves**
- **Freshly ground black pepper**



The Method

Pour the boiling water over the couscous. Cover with clingfilm and set aside for 5 minutes.

Trim the courgette and using a vegetable peeler, cut into ribbons. Trim down the green beans, then in half on the diagonal. Place the green beans in a petal steamer fitted into a pan. Steam the green beans for 2 minutes, then add the courgettes and steam for another 1 minute.

Strip the leaves from the parsley and finely chop. Snip the chives into small pieces. Crumble the feta and cut the lemon in half, then cut one half into wedges. Cut the red chilli in half, then remove the seeds and finely chop.

Fluff up the couscous with a fork and fold in enough lemon juice to taste with the oil and then gently fold in the steamed vegetables with the feta cheese, spinach leaves and chilli. Season with pepper. Arrange Emily's vegetable couscous in bowls and add a lemon wedge to each one to serve.