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Curried Chickpea Couscous Salad

Created by Ambitious Kitchen

MAKES 4 SERVINGS

Couscous Ingredients

- 1 ½ cups water
- ½ teaspoon kosher salt
- 1 cup pearl couscous

Salad Ingredients

- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 large carrot, shredded
- 1 red bell pepper, diced
- ⅓ cup chopped fresh parsley
- ⅓ cup chopped fresh cilantro
- ¼ cup finely diced red onion
- ½ cup chopped Medjool dates or dried tart cherries
- ⅔ cup mix of toasted sliced almonds, roasted cashews and roasted pistachios (whatever mix of these nuts you have on hand is great!)

Dressing Ingredients

- 1 batch of Healthy Curry Tahini Dressing
- Extra fresh ground salt and pepper, to taste

Directions

1. Prepare the couscous: In a medium pot, add the water and salt and bring to a boil. Immediately stir in the couscous and return to a boil. Reduce heat to low, cover, and cook for 8 to 10 minutes until all of the liquid is absorbed. Transfer to a large sieve and rinse the couscous with cold water for about 1 minute, until couscous has cooled. Transfer to a large bowl.

2. In the large bowl with the couscous, add in the chickpeas, shredded carrot, bell pepper, parsley, cilantro, onion, dates or cherries and mix of nuts.

3. Prepare the dressing, then pour over salad and use tongs or a large spoon to toss the salad with the dressing until well coated. Taste and add extra salt and pepper, as necessary.

Store leftovers in an airtight container in the fridge for up to 5 days.