

# Couscous and Prawns Salad

A simple summer salad with lots of flavour.

This is an **English**<sup>1</sup> dish, serving 4 portions.

## Ingredients

- 1
- to taste **FAIRTRADE** freshly ground black pepper
- 400 g frozen prawns
- 200 g Zaytoun **FAIRTRADE** couscous
- 1 red pepper (capsicum)
- 100 ml mayonnaise
- 300 ml water
- 5 ml Steenbergs organic peppermint (herb)

## Method

### Preparation

Heat the water to boiling.

Put the frozen prawns into a pyrex dish and cover with the water. Allow the prawns to defrost.

Fish the prawns out of the water with a slotted spoon and keep warm. Add the couscous to the (now warm) water and stir. Allow to stand.

Zest and juice the lemon.

Remove the pith from the pepper and chop small (pea sized pieces).

Stir the couscous once more. Most of the liquid should have been absorbed, and the couscous should be soft to the palate.

The couscous mix can be reheated (microwave) if necessary.

## Assembly

Add the zest and lemon juice to the couscous and turn.

Add the prawns and pepper and turn to mix thoroughly.

Check for seasoning and adjust as necessary.

Add the mayonnaise and turn to ensure all ingredients are coated.

## To serve

Serve warm or chilled.

On our first attempt we served this with new potatoes, and peas.

Chilled, it would go very well with a light salad of summer leaves.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>