

Israeli Couscous Salad with Spicy Cilantro Dressing



Indulge in the richness of our Israeli Couscous Salad, where garden vegetables intertwine with pearl couscous. A spicy cilantro dressing elevates each flavor, offering an explosion of exquisite tastes in every bite. A refined delight for taste enthusiasts!

Preparation 15 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 350

Fat 27

Carbohydrates 14

Fibre 5

Protein 11

Sodium 200

Ingredients

- 250 ml (1 cup) of Israeli couscous (beaded)
- 1 block of smoked tofu (210 g)
- 250 ml (1 cup) cherry tomatoes
- 1 diced green pepper
- 1 to 2 finely chopped green onions

- 1 diced lawyer
- 125 ml (1/2 cup) feta cheese
- 250 ml (1 cup) chopped spinach
- 250 ml (1 cup) chopped romaine lettuce

Dressing:

- 60 ml (1/4 cup) grilled sesame oil
- 30 ml (2 tbsp) of rice vinegar
- 3 ml (1/2 tsp) of chopped garlic
- 45 ml (3 tbsp) of chopped fresh coriander (or other herb)
- 1 to 3 ml (1/4 tsp to 1/2 tsp) dried chili peppers
- Salt and pepper to taste

Preparation

1. Cook the couscous as indicated on the package.
2. Mix all ingredients in a bowl.
3. Whisk all the ingredients in the dressing.
4. Mix the dressing with the preparation when it's time to eat.
5. Enjoy your meal!



Guillaume Couture – Founder, President, and Director of Innovation
President | Founder