

# Spiced Couscous

## Ingredients

### For the couscous

30g	Pine nuts
30g	Pumpkin seeds
5g	Fennel seeds (Blanched in boiling water for 5 seconds)
150ml	Water
4g	Salt
2 pinches	Cayenne pepper
15g	Olive oil
150g	Couscous
20g	Raisins
10g	Flat leaf parsley, finely sliced
5g	Coriander, finely sliced
5g	Mint
60g	Olive oil, Extra Virgin
20ml	Lemon juice

Place the pine nuts and pumpkin seeds onto a baking tray and dry roast in the oven for 8 minutes until golden brown. Allow to cool.

On a high heat, in a medium saucepan add the water, salt, cayenne pepper and olive oil. When the water boils, stir in the couscous remove from the heat and cover with a lid to allow the couscous to swell and absorb the liquid.

After 5 minutes stir with a fork to separate the grains of couscous and mix in the roasted pine nuts, pumpkin seeds, fennel seeds, raisins, sliced herbs, olive oil and lemon juice. Taste and correct the seasoning if necessary.

For the Yoghurt, toast some cumin seeds then remove from the heat and add yoghurt and seasoning.