

heute gibt es...

Colourful layer salad



Ingredients: (For 4 people)

- 175g Couscous
- 350ml vegetable stock
- 6EL Olivenöl
- 4EL lemon juice
- 2 pinches of ground cumin
- Salt and pepper
- 2 medium zucchini
- 3 medium tomatoes
- 6 sprigs of mint

Preparation:

1. The couscous with boiling vegetable broth pour. 2EL olive oil, lemon juice and cumin and cook under quantities. Season with salt and pepper to taste.
2. 5 Minuten für den Couscous quellen lassen.
3. In the meantime, finely dice the vegetables.
 - The zucchini with olive oil and 2EL 2EL lemon juice and season with salt and pepper.
 - Mix the tomatoes with olive oil and also 2EL season.
4. Chop the mint finely, mix with the couscous and season to taste.
5. Now we coated the salad in appropriate jars in the following order: couscous, zucchini, tomatoes, couscous, zucchini.
6. For an hour can pass through the refrigerator and garnish with a mint leaf before serving.

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