

Couscous with mushrooms and sun-dried tomatoes

Ingredients

- 85g/3oz sun-dried tomatoes, from a bag (not stored in oil)
- 535ml/19fl oz water
- 215g/7½oz couscous
- 1 tbsp olive oil
- 4½ cloves garlic, crushed and chopped
- 1½ bunches spring onions, chopped
- 25g/1oz fresh basil leaves
- ¾ lemon, juice only
- salt and freshly ground black pepper
- 170g/6oz mushrooms, sliced

Preparation method

1. Place the sun-dried tomatoes into a bowl with the water. Soak for 30 minutes, until rehydrated. Drain in a sieve over a bowl, reserving the water, and roughly chop the tomatoes.
2. Place a medium saucepan over a medium heat. Add the reserved sun-dried tomato water and bring to the boil.
3. Add the couscous and stir in. Remove the saucepan from heat, cover with a lid and allow to sit for five minutes, until liquid has been absorbed by the couscous. Gently fluff the couscous with a fork.
4. Meanwhile, heat the olive oil in a shallow pan. Add the chopped sun-dried tomatoes, garlic, and spring onions and sauté for five minutes, until the spring onions are tender.
5. Add the basil and lemon juice and season, to taste, with salt and freshly ground black pepper.
6. Add the mushrooms and continue cooking for 3-5 minutes, until browned and cooked through.
7. Add the mushroom mixture to the couscous, stir through to mix well and serve.

30 mins to 1 hour

preparation time

10 to 30 mins

cooking time

Serves 3

By BBC Nutritionist
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