



Fruity Pistachio Cous Cous

Preparation Time: 5 minutes

Cooking Time: 35 minutes

Serves: 4

Ingredients:

- 3 tbs/45ml of Raspberry Vinegar
- 8oz/225g of Cous Cous
- 3oz/75g of Dried Apricots – available from www.notjustnuts.co.uk
- 3oz/75g of Dried Prunes, stoned – available from www.notjustnuts.co.uk
- 3oz/75g of Dates, stoned & chopped – available from www.notjustnuts.co.uk
- 2oz/50g of Shelled Pistachio Nuts~ available from www.notjustnuts.co.uk
- 2oz/50g of Butter, cut into cubes
- 1 tbs of Freshly Chopped Mint

Method:

- Heat oven to Gas Mark 7/220C/425F.
- Cover the cous cous in a bowl with an equal volume of warm water or as per packet instructions.
- Stir occasionally until the grains have absorbed all the water, which will take about 15 minutes.
- Cut the apricots and prunes into quarters.

- Drain any excess water from the cous cous then rub through your fingers to smooth out any lumps.
- Toss the fruit and nuts into the cous cous and transfer to an oven proof dish.
- Cover and bake in the oven for 20 minutes.
- Fluff up the cous cous with a fork and stir in the raspberry vinegar, butter and mint.
- Serve either warm or cold.

Suggestions:

The fruit specified can be replaced with alternatives such as Raisins and Sultanas.

And finally.....

Enjoy!

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