



SPRING COUSCOUS WITH SNAP PEAS AND YOGURT-MINT DRESSING

FAST. EASY. FRESH.

1. Bring 1 cup water with ½ tsp. **salt** to a boil. Add the **couscous**, cover, and remove from heat. Let stand 5 minutes, then fluff with fork, transfer to a bowl and put into the fridge to cool.

2. Meanwhile, dice the **cucumber** and **tomato**. De-seed the **peppers** and dice. Cut the **snap peas** in half on a bias and thinly slice the **green onion**. Cut the **avocado** in half, remove the pit, use a spoon to lift it out of the skin, then slice it thinly and set aside.

3. Make the dressing. Very thinly slice the **mint leaves**. In a bowl, combine the **Dressing Base** (**yogurt, Dijon mustard, honey, and lemon juice**), 1 tsp. **salt** and a pinch of **pepper** to taste. Add ¾ of the mint. Stir until combined.

4. Add the **vegetables** (all except the avocado) to the couscous, tear up the **fresh mozzarella** and add, pour the dressing over top and toss to combine.

5. To serve, spoon the salad into bowls, and top with sliced **avocado** and remaining **mint** leaves to garnish. Enjoy!



Ingredients (2 Person Serving – 511 Calories Per Serving)

Couscous	2/3 Cup	Fresh Mozzarella	75 g
Salt	½ tsp.	Plain Yogurt	3 Tbsp.
Mini Cucumber	1	Dijon Mustard	1 tsp.
Roma Tomato	1	Honey	1 Tbsp.
Green Onion	1 Stalk	Lemon Juice	1 ½ tsp.
Avocado	1	Salt	½ tsp.
Snap Peas	25	Fresh Mint	Small Bunch
Mini Peppers	2	Salt and Pepper	To taste

35 **Minute**
Cook
Time!