



Harissa veg, goat's cheese & couscous salad

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



310 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g couscous
- ☐ 0.5 juice of lemon
- ☐ 200 g butternut squash work leftover well canned (save any oil from the roasting tin to mix into your salad)
- ☐ 1 tbsp harissa
- ☐ 50 g goat's cheese
- ☐ 1 small handful rocket leaves

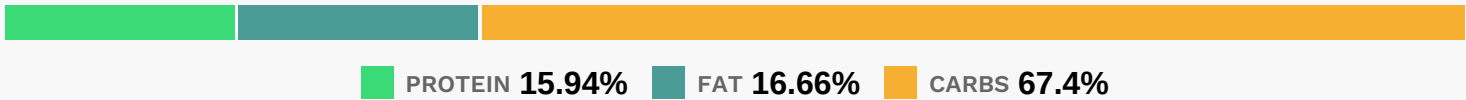
Equipment

- ☐ bowl
- ☐ kitchen towels

Directions

- ☐ Put the couscous in a bowl, season and add the lemon juice.
- ☐ Pour over 100ml boiling water from the kettle, cover with a tea towel and leave for a few mins until the liquid has been completely absorbed.
- ☐ Fluff up the couscous with a fork. Toss the leftover roasted veg with the harissa and any oil from the roasting tin.
- ☐ Add to the couscous with the cheese and rocket. Pack into tubs and chill until lunchtime, or eat straight away.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:23.61, Inflammation Score:-10, Nutrition Score:16.921304376229%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 310.05kcal (15.5%), Fat: 5.8g (8.92%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 52.77g (17.59%), Net Carbohydrates: 47.91g (17.42%), Sugar: 3.81g (4.24%), Cholesterol: 11.5mg (3.83%), Sodium: 204.27mg (8.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Vitamin A: 11177IU (223.54%), Manganese: 0.65mg (32.5%), Vitamin C: 26.6mg (32.25%), Copper: 0.4mg (19.85%), Fiber: 4.86g (19.45%), Phosphorus: 191.7mg (19.17%), Magnesium: 66.05mg (16.51%), Vitamin B3: 3.21mg (16.05%), Vitamin B6: 0.29mg (14.71%), Potassium: 513.88mg (14.68%), Vitamin B1: 0.21mg (14.13%), Folate: 51.88µg (12.97%), Vitamin B5: 1.25mg (12.45%), Vitamin K: 12.84µg (12.23%), Calcium: 112.95mg (11.3%), Vitamin E: 1.68mg (11.22%), Iron: 1.93mg (10.71%), Vitamin B2: 0.17mg (9.94%), Zinc: 0.86mg (5.72%), Selenium: 1.32µg (1.89%)