**Green Bean & Lemon Couscous**



***Ingredients:***

2 teaspoons vegeta powder

3 cups couscous   
400g green beans

200g cherry tomatoes

1 cup frozen peas

¾ cup chopped flat leaf parsley

1 fresh long red chilli

2 Teaspoons finely grated lemon zest

3 Tablespoons lemon juice

4 Tablespoons olive oil

***Method:***

* Combine vegeta powder with 3 cups boiling water in a heat proof jug
* 2. Place couscous in a large heatproof bowl. Stir in the stock mixture. Cover with plastic wrap and set aside for 5 minutes or until all the liquid is absorbed.
* 3. Using a fork carefully scrape at the couscous until it becomes fluffy and the grains are separate.
* 4. Wash and top and tail beans before chopping them into 2cm pieces. Cook beans and frozen peas in boiling salted water for 3 minutes or until tender. Drain and refresh under cold water.
* 5**. De seed** and finely chop the chilli. Zest the lemons and squeeze the juice from them.
* 6. Halve the cherry tomatoes. Chop the fresh parsley.
* 7. Add tomatoes, beans, chilli, parsley and lemon zest to couscous.
* 8. Whisk lemon juice and olive oil in a jug, season with salt and pepper.
* 9. Pour dressing over bean and couscous mixture; toss to combine.