

Crab and couscous

A quick and easy recipe that's perfect for lunchtime.

Serves: 1

Nutrition per serving:
298 calories

Ingredients:

- 40g couscous
- 80ml boiling water
- 1 tbsp lemon juice
- 1 tbsp balsamic vinegar
- ½ tbsp quark
- 120g white crab meat
- 2 spring onions
- ¼ small red onion
- ¼ small cucumber
- 2 tbsp fresh mint
- 4 cherry tomatoes

Method:

1. Put 40g couscous and 80ml boiling water in a bowl, cover and leave for the water to absorb.
2. In a larger bowl, mix 1 tbsp lemon juice, 1 tbsp balsamic vinegar, ½ tbsp quark and 120g white crab meat.
3. Finely chop 2 spring onions, ¼ small red onion, ¼ small cucumber and 2 tbsp fresh mint, and to the crab mixture with the couscous and 4 cherry tomatoes, quartered. Chill until required

