



Just a
SALAD

TOMATO HIDEOUT

INGREDIENTS:

Salad:

- 1/3 glass dry couscous
- 3 raspberry tomatoes
- 1 packaging Sokoliki kabanos sausages
- handful black olives
- 1/2 corn cob
- 6 radishes
- 2 tablespoons fried and salted sunflower seeds
- handful parsley leaves
- ½ teaspoon sugar
- salt

Dressing:

- 3-4 tablespoons grapeseed oil
- 1 clove garlic
- salt, freshly ground pepper

PREPARATION:

1. Crush garlic in a press and then mix it with oil, salt and pepper.
2. Pour couscous into a bowl. Add a pinch of salt. Pour boiling water (it should reach approx. 1 cm above the couscous), cover and set aside for 6 minutes to swell. Use fork to mix the stucked couscous seeds.
3. Cut off "hats" from the tomatoes (at 2/3 of the height of each piece), and then hollow out the cores. Dry the inside of each tomato with a paper towel.
4. Drain and slice the olives. Slice radishes, then cut the slices into quarters.
5. Put corn into boiling water with sugar (don't add salt – it makes the corn harder) and cook for 6 minutes. After cooling, cut the kernels off.



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6. Cut the kabanos sausages diagonally into pieces 5 mm long.
7. Combine the couscous, kabanoski, olives, corn, radishes, sunflower seeds and dressing in a large bowl. Fill the tomatoes with salad and garnish with parsley leaves.