

Tuna & Halloumi Couscous



A Mediterranean inspired salad of semi dried tomatoes, tuna, pearl couscous, golden halloumi and fresh rocket.

Recipe supplied by John West & Edgell.

Ingredients

1 ½ cups pearl couscous

250g halloumi, sliced into ½ cm thick strips

1 tablespoon olive oil

425g can John West Chunk Style Tuna in Olive Oil Blend, lightly drained

½ cup semi dried tomatoes, chopped

60g rocket

Method:

1. Cook couscous following packet directions. Rinse under cold water to separate pearls. Drain and set aside.
2. Pat dry halloumi slices with absorbent paper. Heat oil in a non stick frypan over medium-high

heat. Add halloumi and cook for 1 minute on each side or until golden.

3. Gently toss couscous, John West Tuna, semi dried tomatoes, rocket and halloumi together.

Serve.