

# Tabbouleh with citrus fruit and dried fruit



Preparation :  
**15 minutes**  
+ 1 h in the refrigerator



Cooking time :  
**8 minutes**



Difficulty :  
**Easy**



**SERVES 2**



## INGREDIENTS

- 2 oranges
- 8 dates
- 4 dried apricots
- 4 Agen prunes
- 1 handful of currants
- 100 g of pistachios
- the juice of 1/2 a lemon
- a handful of mint leaves
- one glass of couscous (balga wheat), about 100 g
- 1 dessert spoon of honey or caster sugar
- 10 cl of water

## PREPARATION

Heat the water and honey in a saucepan.

As soon as the honey has dissolved, pour the mixture onto the couscous in a large bowl.

Mix together with a fork and leave to stand for 10 minutes.

Peel the orange and cut into quarters. Finely chop the mint leaves.

Add the couscous, raisins, dates, dried apricots, prunes, lemon juice, pistachios, orange and mint.

Refrigerate for 1 hour.  
Serve chilled.



*Currants come from a particular grape variety grown in Greece.*