

Mexican Cauli Couscous Salad

Loaded with tangy flavour. Recipe courtesy of Erica Koskella, Ormeau State School.



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Total time: 15 min

Preparation: 15 min

Cooking: 0 min

Created by: QAST

Serves: 1

Category: Cold Meals

Level: Easy



See how it's done!
This recipe is viewable on
the **QTuckshops** YouTube
channel

Ingredients

- 1 cup Cauliflower, 2-3 florets
- .25 cup Black beans
- .25 cup Corn kernells
- 2 each Cherry tomatoes, quartered
- 1 tbsp Fresh coriander, chopped
- 1 tbsp Red onion, finely diced
- .25 each Avocado
- 1 tsp Honey
- .25 cup Virgin olive oil
- 2 tbsp Lime juice
- .5 tsp Smoked paprika
- 1.5 tbsp Cumin

Recipe

1. Cut cauliflower into large chunks and place in a food processor. Pulse until it resembles couscous.
2. Top the cauliflower with black beans, corn, tomatoes, red onion, avocado and coriander.
3. Dressing: In a separate bowl prepare the dressing by combining the honey, oil, lime juice, paprika and cumin. Whisk until well combined.
4. Serve in a salad container with dressing in 20ml portion control cup.
5. Note: 1. This salad can last for 2-3 days refrigerated. 2. Dressing ingredients makes 7 serves.

Full description

The 2017 Tuckshop Recipe of the Year winner is loaded with tangy flavour. This quick and easy salad is ideal for a summer menu.