

Watercress, PSB & Sweet Potato Couscous

Purple and white sprouting broccoli is such a brilliant spring vegetable: beautiful, tasty and healthy - and so versatile! It goes well simply boiled or steamed with pretty much any roast, stew or traditional dinner; plus it's yummy in stir-fries, salads, pasta... The same can also be said of magnificent watercress - it's not just for egg sandwiches! Try out this couscous with sticky roasted sweet potato, for a real spring treat. Throw in a handful of wild garlic leaves too for a seasonal kick. For more watercress recipe ideas, visit watercress.co.uk.

Serves 4

200g purple sprouting broccoli (PSB)

2 medium sweet potatoes

zest & juice of 1 lemon

225g couscous

3 tbsp olive oil

1 bag watercress, washed & chopped

½ red onion, chopped

2 tomatoes, deseeded & chopped

salt & freshly ground black pepper



Peel the sweet potatoes, chop into chunks, and roast in a drizzle of oil at 180C for about 30 minutes, until tender. Steam the PSB for up to 10 minutes, until tender, then drain. Place the couscous, lemon zest and juice, rest of the olive oil and plenty of seasoning in a large bowl, then add 300ml of boiling water. Stir well, then leave to soak for 10 minutes, or until the water has been absorbed by the couscous. Stir in the remaining ingredients, season to taste and serve.



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