



Broccoli, Broadbean & Couscous with a Sweet Tahini Dressing

What to collect

Ingredients	Equipment
broccoli x 4 heads, cut into florets	medium saucepan
handful of broadbeans	chopping board
1 ½ cups couscous	knife
4 spring onions, finely chopped	whisk
½ bunch of flat leaf parsley	metric measuring spoons
2 tablespoons black sesame seeds, toasted	bowl
2 tablespoons sunflower seeds, toasted	fork
Dressing:	frying pan
3 tablespoons tahini, well stirred	wooden spoon
3 tablespoons water	
1 teaspoon tamari	
1 tablespoon maple syrup	
2 tablespoons mirin	
1 tablespoon sesame oil, sea salt/pepper	

What to do

1. Bring a medium saucepan of salted water to the boil.
2. Cut broccoli into small florets and place them into the boiling water. Cook for 3 minutes and use a slotted spoon to place broccoli in a bowl and refresh under cool water. Set aside.
3. Pod broadbeans and place in boiling water for 3 minutes, drain and refresh under cold water. Once cool enough to handle, pod broadbeans again.
4. Place cut spring onions, parsley, broadbeans and broccoli into a bowl.
5. Cook couscous according to packet instructions and mix in with salad ingredients.
6. Toast black sesame seeds in a frying pan.
7. Toast sunflower seeds in a frying pan.
8. Whisk dressing ingredients together and season to taste.

- 9. Place salad ingredients onto a platter, drizzle over dressing and sprinkle with seeds and serve.**