Lemony Sardine and Olive Couscous

2 couscous bowls · Active 15 min · Total 20 min

Skills: Easy

Ingredients

- 3/4 cup instant couscous (130 g)
- 3/4 cup water (180 ml), or amount specified on couscous package
- 1/4 teaspoon fine salt
- 1 tin sardines in olive oil or spring water (about 4.4 oz/125 g), drained
- 1 medium tomato, diced (150 g)
- 1/4 cup pitted green olives, sliced (35 g)
- 1 tablespoon olive oil (15 ml)
- 1 tablespoon lemon juice (15 ml)
- 1/2 teaspoon finely grated lemon zest
- 2 tablespoons chopped parsley
- 1/8 teaspoon ground black pepper

Set out

1 1/2-quart saucepan with lid, Fork, Fine grater, Serving bowls

Allergens

Wheat, Fish. Check labels and substitutions.

Make it

1. Bring the measured water and salt to a boil in the saucepan. Remove from the heat, stir in couscous and cover for 5 minutes, or follow the package ratio and rest time.

2. Fluff the couscous thoroughly with a fork. Add olive oil, lemon juice, zest and black pepper.

3. Fold in diced tomato, olives and parsley.

4. Break the drained sardines into large pieces and fold them gently through the couscous. Serve immediately in two bowls.

Measure a useful amount

Instant couscous needs little fuel and no draining. Making two portions as written also avoids filling a small camper fridge with more cooked grain than you intended.

A useful detail

Use a fork to lift and fold rather than repeatedly stirring. The finished bowl is more appealing when the fish remains in pieces.

Keep it well

Refrigerate leftovers within 2 hours, or 1 hour above 90°F/32°C, in a shallow covered container at 40°F/4°C or below for up to 2 days. Serve chilled after safe storage, or reheat thoroughly to 165°F/74°C. Do not store the opened fish in its original tin.