

## Chard Couscous

dairy-free    vegetarian    fodmap –friendly (see tips)    gluten free (see tips)

**Serves: 2- 3**

**5 minutes preparation + 15 minutes cooking**

### Ingredients

- 200g couscous
- Pinch of salt
- 3 teaspoons Nutellex (dairy free table spread)
- 4-6 large leaves of chard washed and chopped (thick stalk removed)
- 1½ tablespoons raisins
- 1 tablespoon roasted almonds or cashews



### Preparation

1. In a small saucepan add couscous and salt. Pour boiling water over until the couscous is just covered with liquid. Cover saucepan with lid and let stand for 5 minutes. Fluff with a fork.
2. In another saucepan add washed chard and 2 tsp of Nutellex and cook over medium heat for 2 minutes while stirring. Reduce heat and add raisins, nuts and 1 tsp Nutellex. Add salt and pepper to taste. Sauté for 1-2 minutes then serve on top of the prepared couscous.

### Tips:

- Chard is similar to spinach. Spinach or silverbeet can be used in place of chard.
- Other spreads or pure butter can be used instead of Nuttellex.
- To make this Gluten free – swap couscous for quinoa.
- To make this Fodmap-friendly – swap couscous for quinoa. Omit raisins and cashews, and add sesame seeds and roasted jap pumpkin.