Cous Cous, Chickpea and Asparagus Salad.

Season: Spring
Type: Salad
Difficulty: Easy
Serves: 6 or 20 tastes
Fresh from the garden: asparagus, snow peas, lettuce, lemon
Recipe Source: SBS Food

What to do:
- In a small frypan and over low heat, place the olive oil and crushed garlic.
- Cook lightly until garlic is fragrant but NOT browned.
- Add the cumin and lightly fry off.
- Remove from heat and stir this through the drained and rinsed chick peas, set aside.

Equipment:
- Frypan
- Garlic crush
- Tablespoon
- Wooden spoon
- Colander
- 2 Bowls
- Foil
- Kettle
- Fork
- Saucepan/steamer
- Bowl of iced water
- Kitchen whiz
- Salad spinner

Ingredients:
- 2 cans chickpeas, drained and rinsed
- 4 garlic cloves, crushed
- 1 tablespoon ground cumin
- 1 tablespoon olive oil
- 1 cup couscous
- 1 1/2 cups boiling water
- 1 bunch asparagus spears
- Basket of snow peas,
- 1 small butter lettuce,
- “spiky” lettuce,

Yoghurt Dressing
- 1/2 cup natural yoghurt
- 2 tablespoons lemon juice
- 1 teaspoon finely grated lemon rind
- 1 teaspoon thyme leaves
- Salt, freshly ground pepper, and paprika to serve.
Place the cous cous in a bowl and pour over the boiling water. Cover tightly with foil and leave until all the water is absorbed. Once this has happened fluff with a fork and set aside. Wash the asparagus spears and cut them into 4 cm lengths. Top and tail the snow peas and cut the larger ones in half. Steam the asparagus and snow peas for until tender yet crisp. Plunge asparagus and snow peas straight into cold water, then drain well. (This is to stop the cooking process) To make the dressing, place yoghurt, lemon juice, rind, thyme, salt and pepper in a food processor. Process until well combined. Wash the lettuce well and dry in the salad spinner. Arrange lettuce leaves on a serving plate and place the couscous into the centre, top with the snow peas, asparagus and Moroccan chickpeas. Drizzle all over with the dressing, then dust lightly with paprika to serve.