

Couscous Pumpkin Kohlrabi Salad

Recipe By Tom Kablo, Deca

Restaurant Chef



Cooking and Prep:  10
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Serves:  4

Contains:   

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

This salad makes a great lunch or light dinner for diners with a sophisticated palate, or anyone in the mood of a change of pace.

Ingredients (13)

Main ingredients

- 1 fresh kohlrabi, sliced into thin strips
- 1 chunk fresh pumpkin, sliced into thin strips
- 1 teaspoon confectioners' sugar
- juice of 1/2 lemon
- 7 ounces (200 grams) couscous, prepared according to package directions
- 1 handful roasted pumpkin seeds

- 1 bunch bean sprouts
 - 10–15 bay leaves
 - 10–15 fresh mint leaves
 - 2 tablespoons **Bartenura Olive Oil**
 - salt, to taste
 - pepper, to taste
 - feta cheese, cut in chunks, for garnish
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Start Cooking

Prepare the Salad

1. Place kohlrabi and pumpkin strips in a bowl. With a sifter, sprinkle confectioners' sugar on top of the vegetables. Add lemon juice and let stand for two to three minutes.
2. Add prepared couscous, pumpkin seeds, bean sprouts, bay leaves, and mint leaves to the bowl and stir gently to combine. Season with olive oil, salt, and pepper. Top with feta cheese and enjoy!