

SUMMER SALAD



Magazine
Aug. | Sep. 11

Photos: Virgílio Rodrigues
Recipe: Carla Rocha



INGREDIENTS

Couscous:

- 300g couscous
- Hot water (double the amount of couscous)
- Raisins, almonds, Pepper, Oregano and Salt to taste
- Drizzle of olive oil

Salad:

- 2 courgettes
- 1 onion
- 7 mushrooms
- 2 tomatoes
- 1 red pepper and 1 yellow pepper
- 1 pack Vitacress lettuce
- 1 pack Vitacress rocket
- Parmesan cheese and Croutons to taste
- 250g shrimps
- 1 mango

Yoghurt sauce:

- 2 Portal dos Queijos yoghurts
- 2 mint leaves
- 1 lemon
- Salt & Pepper

METHOD

Slice the vegetables and grill • Sprinkle with 'flor de sal' salt • Place the lettuce and rocket in a bowl and add the grilled vegetables • Arrange the shrimps and some parmesan cheese shavings in the salad • Mix the dressing in a bowl, combining the yoghurt with a little lemon juice and the chopped mint leaves • Mix well and add some pepper and 'flor de sal' salt • Heat the water and add to the couscous, seasoning with salt and pepper • Once fluffy, add some almonds, raisins and oregano to taste