

Summer Couscous, Asparagus And Broad Bean Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-broad-bean-salad-recipe>

Ingredients:

- 1 3/8 cups couscous
- 1 1/4 cups boiling water
- 7 ounces asparagus
- 1 cup broad beans double podded, approx 8-10 pods
- 1 cup peas
- 1 handful pine nuts
- 1 handful fresh mint leaves
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- salt
- pepper
- 1 3/8 cups couscous
- 1 1/4 cups boiling water
- 7 ounces asparagus cut into thirds and woody stems discarded
- 1 cup broad beans double podded, see notes below approx 8-10 pods
- 1 cup peas frozen or podded, cooked
- 1 handful pine nuts toasted
- 1 handful fresh mint leaves torn up
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- salt
- pepper

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 121 grams
3. Fat: 31 grams

4. Fiber: 17 grams
 5. Protein: 28 grams
 6. SaturatedFat: 2.5 grams
 7. Sodium: 420 milligrams
 8. Sugar: 10 grams
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