

Mondstuk van die Suid-Afrikaanse aartappelbedryf • Mouthpiece of the South African potato industry

# CHIPS

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**MANAGING CRISES THROUGH  
PUBLIC RELATIONS:  
LAPSE IN ANTI-DUMPING DUTIES**

Empangeni farmers get  
the know-how

Span weerdata in vir  
besproeiingskedulering

**SANDVELD-KULTIVARPROEF  
ONDER BESPROEING OP  
AURORA IN 2020/2021**

Kultivars wat op  
varsproduktemarkte presteer

From soil to plate

## Potatoes, pomegranate and crispy couscous salad

**Serves:** 6

### Ingredients:

- 2 medium potatoes (360 g), skin on.
- 1 tbs olive oil.
- ½ tsp Himalayan salt.
- Ground black pepper, to taste.
- ½ tsp paprika.
- ¼ cup uncooked wholewheat couscous.
- 1 tbs olive oil.
- 1 small green apple (150 g), diced.
- 1 tbs fresh lemon juice.
- 1 cup baby spinach (30 g).
- ⅓ cup pomegranate seeds.
- ⅓ cup walnuts, toasted.
- ½ cup balsamic vinegar.
- 1 tbs xylitol.
- 1 tbs Dijon mustard
- 1 tsp garlic, minced.
- ¼ tsp cayenne pepper.
- ¼ cup extra virgin olive oil.

### Preparation:

1. Preheat the oven to 200°C. Toss potatoes in 1 tbs olive oil, paprika, salt, and pepper. Place on a baking sheet lined with baking paper and roast for 35 to 45 minutes, turning after 20 minutes. Allow to cool slightly.
2. While the potatoes are roasting, combine raw couscous, 1 tbs olive oil, ½ cup water, and black pepper to taste in a pan.
3. Cook over medium heat for ten to 15 minutes, while stirring occasionally, before draining using a paper towel and allowing to cool.
4. Whisk balsamic vinegar, xylitol, Dijon mustard, garlic, cayenne pepper, and oil. Combine diced apple pieces and lemon juice separately in a small bowl.
5. In a large bowl combine spinach, pomegranate seeds, walnuts, and apple.
6. Add the roasted potatoes, crispy couscous and dressing before serving.



This recipe is endorsed by  
the Heart and Stroke Foundation  
of South Africa.