

Cous Cous Salad

Ingredients

125g Couscous
1 vegetable/chicken stock cube
250 ml boiling water

Any two of the following:

2 spring onions
1 green pepper
1 red pepper
2 medium tomatoes
50g Cheese

Dressing

2tbsp olive oil
1 tbsp lemon juice
Pinch of salt and pepper



Aim Higher


Small bunch fresh coriander

Equipment

All equipment is provided by school

***REMEMBER TO BRING A
CONTAINER AND A LID FROM
HOME***

Method:

1. Boil the kettle and carefully measure out water in a jug. Add the stock cube and stir to dissolve.
2. Place the couscous in a bowl and pour over the stock.
3. Stir with a fork and then set aside for 10 minutes until stock has been absorbed.
4. Chop the rest of the ingredients into bite sized chunks.
-  Remove the stalks from the coriander and hold the bunch in your hand. Using scissors, snip the coriander into fine pieces.
5. Fluff up the couscous with a fork and stir in the prepared ingredients
6. Mix the ingredients for the dressing and pour over the salad, then place in the chiller.