

Couscous

Ingredients

350ml water, boiling
 1 x 5ml spoon of stock powder
 200g couscous
 2 spring onions
 ½ yellow pepper
 ¼ cucumber
 2 medium tomatoes
 6 dried apricots
 2 x 15ml spoons parsley
 2 x 15ml spoons low fat dressing



Equipment

Kettle, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, sharp knife, can opener, scissors, mixing spoon.

Method

1. Make up the stock by dissolving the stock powder in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Chop the tomatoes and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Add all the vegetables to the couscous and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressing.

Top tips

- Vary the vegetables in the couscous dish, e.g. use celery, sweetcorn, peas, olives or mushrooms.
- Try adding some chickpeas, chopped cooked chicken, ham, tuna or chunks of feta cheese.
- Use flaked almonds or raisins instead of the dried apricots.

Food skills

- Weigh.
- Measure
- Chop and slice.
- Snip.
- Stir.

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