

Vegetable couscous salad

Ingredients

175ml water, boiling
1 vegetable stock cube
100g couscous
1 medium tomato
1 spring onion
¼ cucumber
½ yellow pepper
4 dried apricots
1 small bunch parsley
2 x 15ml spoons low fat dressing

Equipment

Kettle, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, knife, kitchen scissors, spoon, container.

Method

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Stir with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Fluff the couscous with a fork and then add all the vegetables 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.

Skills

Using a kettle	Bridge hold	Claw grip	Combining	Mixing
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