

Cous cous

Ingredients

100g cous cous
175 ml hot water
½ x 5 ml spoon stock powder
2 x tomatoes
¼ cucumber
½ pepper
3 x dried apricots
Parsley
2 x spring onions

Also, add one food from the *Meat, fish and alternatives* food group to your cous cous.

This could be:

2 slices of chopped ham;
2 chopped hard boiled eggs;
A small can of tuna in spring water
drained;
or 100g of canned chickpeas, drained.

Equipment

Weighing scales, kettle, measuring jug, large bowl, fork, knife, chopping board, kitchen scissors.

Method

1. Weigh the cous cous and tip it into a large bowl.
2. Fill the kettle with cold water, plug in and turn on.
3. Carefully, measure out the hot water into the measuring jug. Stir the stock into the water.
4. Carefully, pour the hot water over the cous cous, stir with the fork and leave to stand.
5. Chop the tomatoes into chunks.
6. Cut the cucumber into chunks.
7. Chop the pepper into small strips.
8. Chop the dried apricot, and then the parsley.
9. Snip the spring onion into the bowl of cous cous.
10. Add all the vegetable to the cous cous and stir together.

Safety!

Ask an adult to:

- fill and turn on the kettle;
- pour the hot water;
- help you with the cutting.

Serves 2

Suggestions

You could add a low fat dressing to the cous cous.

Vary the vegetables, e.g. celery, spring onion, sweetcorn, peas, olives, mushrooms.

You could add other ingredients, e.g. cooked chicken, beef, salmon, chunks of feta or grated cheese.

Try adding raisins or other dried fruit.