

Ingredients needed for: _____ Name: _____

COUS COUS SALAD

Ingredients

125g couscous
150ml boiling water
2.5ml stock powder FROM SCHOOL
2 or 3 of the following:
 1 or 2 tomatoes
 1 small piece of cucumber
 1 or 2 spring onions
 A small piece of pepper
 A few dried apricots
 A few raisins
 Fresh herbs of your choice,
chopped
 1 or 2 tbsp of salad dressing

Equipment

Wooden spoon
Knife
Chopping board
Non slip mat
Jug
Fork
Mixing bowl
Plate

Method

1. Place couscous in large mixing bowl.
2. Put stock powder into the jug, add boiling water and stir well with a fork.
3. Pour hot stock onto couscous, leave to stand (YOU MAY NOT NEED ALL THE STOCK – JUST ENOUGH TO COVER THE COUS COUS), cover with metal plate.
4. Prepare vegetables (finely diced) and herbs (finely chopped).
5. Mix all ingredients together.
6. Taste and season. Serve.