

# Cous Cous

## Ingredients

- 350ml water, boiling
- 1 x 5ml spoon of stock powder( small stock cube)
- 200g couscous
- 2 spring onions( or ½ chopped onion)
- ½ yellow pepper(or colour of choice)
- ¼ small cucumber
- 2 medium tomatoes
- 6 dried apricots or other dried fruit
- 2 x 15ml chopped fresh herbs or 1 tsp. dried herbs
- 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 and 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.

## Handy hints

- 🕒 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.

