

Vegetable Cous-Cous

Ingredients

170ml boiling water
1 vegetable stock cube
100g couscous
1 medium tomato

1 spring onion

 $\frac{1}{4}$ cucumber

 $\frac{1}{2}$ yellow pepper
4 dried apricots
1x 15ml spoon chopped parsley
2 x15ml spoon low fat dressing



Container to take it home in!!

1. Make up the stock by dissolving the cube in the boiling water.
2. Pour the stock over the cous-cous in a large bowl.
3. Fluff up with a fork and leave to stand for 5 minutes.
4. Chop the tomato and the cucumber into small chunks.
5. Slice or chop the pepper into pieces.
6. Slice the dried apricots and the parsley into small pieces.
7. Add the vegetables to the cous-cous and snip the spring onions into the mix with a pair of scissors, or you could chop them.
8. Stir everything together and add the dressing.