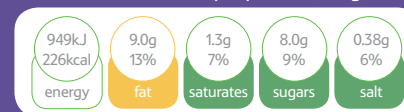


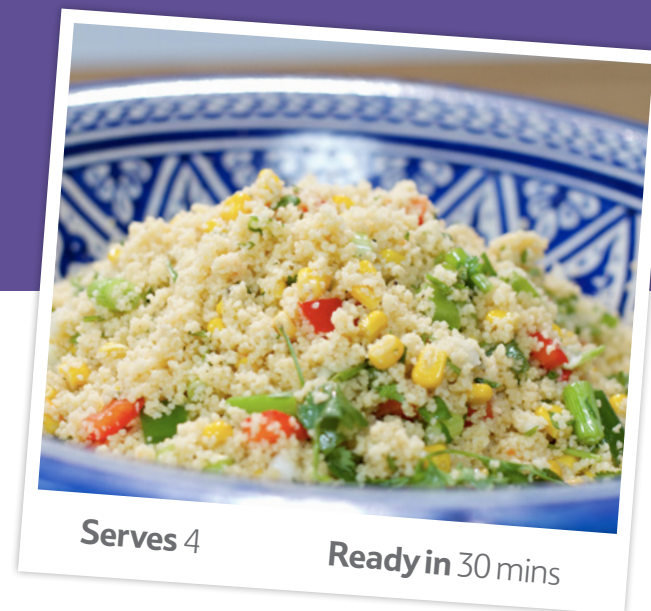
Couscous salad

This delicious couscous is filled with a rainbow of tasty veggies

Nutritional information per portion (268g):



of an adult's reference intake



Serves 4

Ready in 30 mins

You will need:

- 200g couscous
- 250ml boiling water
- Vegetable stock cube
- ½ red pepper
- ¼ green pepper
- ¼ orange pepper
- 2 tomatoes
- 3-4 spring onions
- 200g can of sweetcorn

Dressing

- Handful of fresh coriander
- 1 clove of garlic
- 75ml olive oil
- 2 tbsp lemon juice
- Black pepper

Vegetarian recipe



Equipment:

- | | | | | | |
|------------------|--------------------------|-----------------|--------------------------|--------------|--------------------------|
| Weighing scales | <input type="checkbox"/> | Clean tea towel | <input type="checkbox"/> | Can opener | <input type="checkbox"/> |
| Mixing bowl | <input type="checkbox"/> | Fork | <input type="checkbox"/> | Sieve | <input type="checkbox"/> |
| Measuring jug | <input type="checkbox"/> | Colander | <input type="checkbox"/> | Scissors | <input type="checkbox"/> |
| Wooden spoon | <input type="checkbox"/> | Chopping board | <input type="checkbox"/> | Serving bowl | <input type="checkbox"/> |
| Measuring spoons | <input type="checkbox"/> | Sharp knife | <input type="checkbox"/> | | |

Skills used include:

Weighing, measuring, combining, washing, chopping, mixing, peeling, whisking, pouring

Let's start cooking!

1. Weigh 200g of couscous and add to a mixing bowl.
2. Boil your kettle and measure 250ml of water into a jug.
3. Crumble the stock cube into the boiling water and stir until it disappears.
4. Pour the water over the couscous and cover the bowl with a clean tea towel. Leave for 10 minutes.
5. Wash the peppers, tomatoes, spring onions and coriander, then pat dry with a piece of kitchen paper.
6. Finely slice the spring onion using a pair of scissors. Keep going until you reach the dark green leaves.
7. Make a bridge with your hand then slice the peppers in half. Use the claw technique to chop the peppers into small pieces.
8. Prepare your tomatoes the same way.
9. Add the coriander to the plastic cup and make tiny snips with your scissors to chop.
10. Peel the garlic with your fingers. Secure it to the chopping board using a fork then use the prongs as a guide to slice it finely.
11. Open your can of sweetcorn and drain in the colander.
12. Take off the tea towel and fluff the couscous with a fork. Leave it to cool for five minutes or until it's cool to touch.
13. Once the couscous is ready, add the chopped peppers, tomatoes, spring onions and sweetcorn. Mix well with a fork.
14. Put the olive oil and lemon juice into a small bowl or jug and whisk with a fork until all the ingredients have combined.
15. Add the chopped coriander, the chopped garlic and a sprinkle of black pepper then whisk again.
16. Pour the dressing over your couscous, mix with a spoon, then it's ready to serve.

Why not try...?

For a stronger flavour, add 1 tsp each of honey and mustard powder to your dressing



A! Allergy Advice:
Mustard, wheat (gluten)*

* Presence of allergens can vary by brand - always check product labels. If you serve food outside the home you must make allergen information available when asked.

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