



Couscous Salad

(serves 4 - 6)

Preparation time = 40 minutes

Method

1. Place the couscous into a large bowl and crumble the stock cube in. Follow the instructions on the packet and add the correct amount of hot water
2. Whilst the couscous is still warm, stir through the butter/margarine with a fork
3. Finely chop/cut the fresh herbs (if using)
4. Juice the lemon
5. Peel and crush the garlic clove
6. Add the lemon juice, crushed garlic, herbs and any other chosen additional ingredients
7. Mix well

INGREDIENTS

- 250g couscous
- ½ vegetable stock cube
- 1 x tablespoon butter/margarine or olive oil
- 1 garlic clove
- 1 lemon
- Small handful fresh herbs e.g. mint, coriander, basil (optional)

Choose 2 – 3 additional ingredients, roughly 3 tablespoons of each.

Suggestions include:

- Chopped fresh tomatoes
- Tinned sweetcorn
- Onion
- Peppers
- Celery
- Cucumber
- Ham
- Cooked bacon
- Cooked chicken
- Chickpeas
- Grated carrot
- Feta cheese cubes
- Olives (de-stoned)
- Sunflower seeds
- Cooked peas
- Roasted vegetables
- Boiled egg

EQUIPMENT

- Bowls
- Measuring jug
- Kettle
- Sharp knives
- Grater
- Peeler
- Fork
- Chopping Boards
- Garlic crusher
- Lemon squeezer
- Tin opener
- Colander