



VEGGIE COUSCOUS



INGREDIENTS

SERVES 6

- 1 ½ cup dried couscous
- 1 large cucumber
- 2 carrots
- 1 red capsicum
- Small handful of chives
- Handful each of parsley and mint
- 1 tbsp olive oil
- Salt and pepper
- Juice of half lemon
- 2 tbsp olive oil

FROM THE GARDEN

- Cucumber
- Carrot
- Parsley
- Mint
- Chives

EQUIPMENT

- Sharp knives
- Chopping boards
- Large heatproof bowl
- Citrus juicer
- Measuring spoons
- Fork
- Scissors

INSTRUCTIONS

PREPARE COUSCOUS

1. Pour couscous into a heatproof bowl, add 1 tbsp olive oil and salt.
2. Add 1½ cups of boiling water*, making sure there is just enough to cover the couscous.
3. Cover the bowl with a lid or plastic wrap.
4. After 5 to 10 minutes uncover the couscous and turn over with a fork to separate the grains and set aside.

PREPARE SALAD

5. Finely chop the carrots, capsicum and cucumber into small cubes, then add to the couscous.
6. Roughly chop the parsley and mint. Cut the chives into small pieces using scissors and add all herbs to the couscous.
7. Season with salt and pepper, then squeeze half a lemon and pour over the couscous with 2 tbsp olive oil.
8. Mix until everything is incorporated then serve.

*Adult assistance required

OPTIONAL EXTRAS

Endless options! - tomatoes, feta cheese, capsicum, roasted vegetables, spring onions, other herbs, nuts/seeds, chickpeas, pomegranate seeds dried fruit etc.