

Cous Cous Salad

Equipment needed –

Large bowl, fork, measuring jug, chopping board, knives, small bowl, juicer and 3 platters for serving.

Ingredients from the Garden –

- 2 small zucchinis
- 1 tablespoon chopped fresh coriander
- 1 tablespoon chopped fresh parsley
- 1 tablespoon of lemon juice

Ingredients from the Pantry –

- 1 2/3 cups of couscous
- 2 ¼ cups of boiling vegetable stock
- 10 olives
- 4 tablespoons of olive oil
- 1 tablespoon of lemon juice
- Good pinch of ground cumin
- Good pinch of cayenne pepper

What to do –

1. Prepare the stock as per the instructions on the packet.
2. Measure out 1 2/3 cups of couscous and place in a bowl.
3. Pour the stock over the couscous. Stir with a fork and set aside for 10 minutes for the stock to be absorbed.
4. Cut the olives in half and discard the stones. Set aside
5. Wash and dry the zucchinis. Top and tail the zucchinis and cut into small julienne strips.
6. Fluff up the couscous with a fork.
7. Carefully mix the zucchinis and olives into the couscous.
8. Wash and finely chop 1 tablespoon of fresh coriander and 1 tablespoon of fresh parsley.
9. To make the dressing, measure out 4 tablespoons of olive oil into a small bowl.
10. Juice the lemon, and measure out 1 tablespoon of lemon juice. Add to the small bowl with the olive oil.
11. Add the chopped fresh herbs into the small bowl.
12. Add a pinch of ground cumin, a pinch of salt and a pinch of cayenne pepper and blend well.
13. Stir dressing through the couscous salad.
14. Arrange and present the couscous salad onto 3 serving platters.

Serves –

- 28 students.