

## COUSCOUS TABOULI SALAD

### Equipment needed –

Measuring spoons, measuring cup, bowl, electric scales, kitchen scissors, cup, chopping boards, knives and juicer.

### Ingredients from the Garden –

- 1 cup of parsley
- 1 cup of mint

### Ingredients from the Pantry –

- 250 grams of couscous
- 2 tablespoons of olive oil
- 5 tomatoes
- 1 small clove of garlic
- 3 spring onions
- 2 tablespoons of lemon juice
- Salt and pepper

### What to do –

- 1 Measure out the couscous and place in a large heatproof bowl. Pour over the boiling water, covering the couscous by approximately 2 cm. Cover the bowl with plastic wrap and set aside.
- 2 Peel and crush the garlic and set aside.
- 3 Finely chop the spring onions and set aside.
- 4 Finely chop the tomatoes and set aside.
- 5 Pick the parsley and finely chop using a cup and scissors.
- 6 Pick the mint leaves and finely chop using a cup and scissors.
- 7 Juice the lemons and set aside.
- 8 After 5 minutes uncover the couscous and add the crushed garlic and 2 tablespoons of olive oil.
- 9 Using a fork break up the grains of couscous.
- 10 Cool to room temperature, then fold through the tomatoes, spring onions, herbs and lemon juice. Season with salt and pepper and place in the fridge until ready to serve.
- 11 Divide amongst 3 serving bowls and serve.

### Serves –

- 28 students