

Couscous Tabouli

Equipment needed –

Metal bowl, plastic wrap, salad spinner, food processor, medium saucepan, measuring cups, spatula, garlic crusher and 3 serving platters.

Ingredients from the Garden –

- 1 cup of kale
- 6 spring onions
- 6 roma tomatoes, diced
- 1 cup of fresh parsley leaves, finely chopped
- 1 cup of fresh mint leaves, finely chopped
- 4 tablespoons of lemon juice
- 2 small cloves of garlic, crushed

Ingredients from the Pantry –

- 2 cups of couscous
- 4 tablespoons of olive oil

What to do –

1. Measure out 2 cups of couscous and place into a heatproof bowl. Boil the kettle and carefully pour enough hot water over the couscous to cover it by about 2 centimetres.
2. Cover the bowl with plastic wrap and set aside.
3. Meanwhile wash, spin dry and pick the kale leaves and place in the food processor to finely shred.
4. Finely chop the spring onions and set aside.
5. Wash, pick and finely chop the parsley and set aside.
6. Wash pick and finely chop the mint leaves and set aside.
7. Juice the lemon so that you have enough for 4 tablespoons.
8. Peel and crush the garlic using a garlic crusher.
9. Dice the tomatoes and set aside.
10. After 5 minutes, uncover the couscous and add 4 tablespoons of olive oil and 2 cloves of the crushed garlic. Using a fork fluff and break up the couscous grains. Set aside to cool.
11. Once the couscous has cooled fold through the tomatoes, kale, parsley, mint, spring onions, and lemon juice and season with salt and pepper.
12. Divide the couscous amongst 3 serving bowls, cover with glad wrap and refrigerate until ready to serve.

Serves –

- 28 students.