

COUSCOUS WITH ORANGE AND PUMPKIN

Equipment needed –

Small knives, chopping boards, large saucepan, measuring spoons, sieve and a colander.

Ingredients from the Garden –

- ½ cup of thinly sliced fresh mint
- 4 cloves of garlic crushed
- 4 medium brown onions, finely diced
- 1500g pumpkin, cut into smaller pieces

Ingredients from the Pantry –

- 6 cups of boiling water
- 3 cups of couscous
- 1 teaspoon of ground nutmeg
- 2 tablespoons of olive oil
- 4 teaspoons of grated orange rind
- 1 cup of orange juice
- 2/3 cup of coarsely chopped dried apricots

What to do –

1. Cut the pumpkin into a 2 cm dice. Place on a baking tray and drizzle with olive oil. Sprinkle with 1 teaspoon of ground nutmeg and bake uncovered in a moderately hot oven for about 20 minutes or until browned and tender.
2. Combine the couscous and the boiling water in a medium bowl. Let stand for 15 minutes or until the water is absorbed.
3. Meanwhile finely dice the onions and peel and crush the garlic and set aside.
4. Zest the orange using a micro plan, making enough for 4 teaspoons and set aside.
5. Juice the oranges, making enough for 1 cup and set aside.
6. Coarsely chop the dried apricots and set aside.
7. Heat the olive oil in a large frying pan, and cook the onion and garlic, stirring over a medium heat for about 3 minutes or until tender and lightly browned.
8. Add the zest, juice, apricot, couscous and pumpkin and stir until heated through.
9. Divide amongst 3 serving platters and top with thinly sliced fresh mint.

Serves –

- 28 students