

Vegetable Couscous Salad

Ingredients

170ml water, boiling
1 vegetable stock cube
100g couscous
1 medium tomato
1 spring onion
¼ cucumber
½ yellow pepper
4 dried apricots
Add something else - cooked peas, a satsuma, raisins
2 x 15ml spoons low fat dressing

Notes

- **Don't forget your apron**
- **Please bring plastic container to take home**
- **Check allergies of consumer before serving**
- **Wash Fruit and vegetables at home**

Method

- 1) Make up the stock by dissolving the stock cube in the boiling water.
- 2) Pour the stock over the couscous in a large bowl.
- 3) Fluff with a fork and leave to stand for 5 minutes
- 4) Chop the tomato and cucumber into small chunks.
- 5) Slice the pepper into small strips.
- 6) Slice the dried apricots and parsley into small pieces.
- 7) Add all the vegetables to the couscous and snip the spring onions into the bowl using the scissors.
- 8) Stir everything together.
- 9) Add the dressing.

