



Country Trust

Where children learn and grow

Food Discovery Couscous Salad



4 side portions, 2 main portions

Ingredients

- 200g couscous
- 1 vegetable stock cube & 250ml hot water
- 225g fresh or frozen broad beans or peas

- 1 tin of chickpeas, washed and drained
- 1 punnet of cherry tomatoes, finely chopped
- Half a cucumber, diced
- 2 spring onions
- 2 handfuls of raisins or grapes
- Two handfuls of chopped fresh herbs like fresh mint, parsley, coriander or chives
- 1 lemon, zest and juice
- 4 tablespoons of extra virgin olive oil
- Salt and black pepper, to season

Method

- 1) Dissolve the stock cube in hot water.
- 2) Pour the couscous into a bowl with the peas/beans and add the stock. Cover, and leave for 10 minutes.
- 3) Meanwhile, chop the tomatoes, cucumber, and spring onions.
- 4) Tear the herb leaves into small pieces.
- 5) Fluff up the couscous with a fork (if it looks a bit dry add a little more boiling water), and then add all the other ingredients.
- 6) Make a dressing from the olive oil and lemon juice, with salt and pepper to taste. Drizzle this over the salad.

This recipe is suitable for **vegetarians**.

Store in the fridge and eat within 3 days.

For more information on how to make your food shopping go further, try looking at the Love Food Hate Waste website:

www.lovefoodhatewaste.org.uk.