

Fruit and Vegetable Couscous

An easy dish that offers lots of good nutrition through the fruit, veg and carbohydrates it offers. Can try with different fruits and vegetables.

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

Ingredients:

- 1 lemon
- 500ml boiling water
- 1 tbsp oil
- ½ vegetable stock cube
- 200g couscous
- 1 carrot
- ½ cucumber
- 1 apple
- 2 sticks of celery
- 1 small bunch white grapes (about 20 grapes)
- 1 tbsp fresh coriander or parsley (optional)



What we need to do:

- Cut the lemon in half and squeeze out the juice.
- Boil the water then pour into a jug and stir in the oil, lemon juice and stock cube.
- Put the couscous in the large mixing bowl and add the hot liquid.
- Cover with cling film and leave for 5 – 10 minutes.
- In the meantime, wash and then chop the fruit and vegetables into small cubes, cutting the grapes in half.
- Mix all the fruit and vegetables in a small mixing bowl.
- Fluff up the couscous with a fork and stir the fruit and vegetables into the couscous.
- Chop up the coriander or parsley (if using) and add to the couscous.

CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at www.facebook.com/classroomkitchen or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome