

COUSCOUS CARROT SALAD

Allergens: Wheat (gluten). Allergens may vary in stock cubes, please check.

Serves: Four people

Ingredients:

- Low salt vegetable stock cube.
- 200ml boiling water.
- 150g couscous.
- Three carrots.
- 50g raisins
- One large orange.

Equipment:

- Weighing scales.
- Kettle.
- Mixing bowl.
- Measuring jug.
- Sharp knife.
- Chopping board.
- Peeler.
- Grater.
- Juice squeezer.

Method:

1. Measure the couscous in a bowl.
2. Pour 200ml of boiling water into the measuring jug; crumble in the stock cube and stir to dissolve.
3. Pour the stock on top of the couscous and immediately cover with cling film and soak. It will say on the packet how long for.
4. Wash, top and tail, then peel and grate the carrots. Add the grated carrot and raisins to the couscous and stir well.
5. Halve the orange and squeeze out the juice. Stir the orange juice into the couscous.
6. Cover the bowl with cling film and chill in the fridge until ready to serve.

Why not try? Making a rainbow couscous by substituting the carrot and orange for finely chopped red or green pepper, sweetcorn, and spring onions.

Storage: Couscous salad will keep for 48 hours in the fridge.

