

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- $\frac{1}{4}$ cucumber
- 8 cherry tomatoes or 2 larger tomatoes
- $\frac{1}{2}$ pepper, any colour
- 2 spring onions
- 50g sweetcorn
- 150g couscous
- small lemon, juice only
- 1 tsp olive oil
- 200ml boiling water

For the optional extras

- small bunch herbs, such as parsley and coriander
- small handful olives, chopped
- small handful dried fruits such as raisins, sultanas, chopped dried apricots

Equipment

Medium size mixing bowl, fork, paring knife, tablespoon, teaspoon, brown chopping board, wooden spoon, scrap bowl, colander, plate.



Couscous Salad



Ingredients

- $\frac{1}{4}$ cucumber
- 8 cherry tomatoes or 2 larger tomatoes
- $\frac{1}{2}$ pepper, any colour
- 2 spring onions
- 50g sweetcorn
- 150g couscous
- small lemon, juice only
- 1 tsp olive oil
- 200ml boiling water

For the optional extras

- small bunch herbs, such as parsley and coriander
- small handful olives, chopped
- small handful dried fruits such as raisins, sultanas, chopped dried apricots

Method

1. Wash and prepare vegetables – slice/dice all of the vegetables into really small pieces. Juice lemon and weigh couscous. Measure 200ml boiling water.
2. Place couscous in a medium mixing bowl
3. Add lemon juice to the couscous and pour over 200ml of boiling water. cover with a plate, then set it aside to stand for 10 minutes.
4. Use a fork to stir up the couscous until it looks fluffy.
5. Add the chopped vegetables and stir well.
6. If you want to add herbs, olives or dried fruits, stir these in, too.