



EASY COUSCOUS



INGREDIENTS

150g wholemeal **couscous**

1 teaspoon dried mixed herbs or parsley

$\frac{1}{2}$ vegetable **stock** cube

150ml boiling water

EQUIPMENT

mixing bowl, teaspoon, measuring jug,
fork, cling film or plate, serving bowl

SERVES: 4

PREP TIME: 15 minutes

ALLERGENS: mustard, celery, sulphates

COOK TIME: 15 minutes

METHOD

- 1** Place the couscous in the mixing bowl with the herbs.
- 2** Measure the boiling water, then add the stock cube and stir to dissolve.
- 3** Carefully pour the stock on to the couscous and stir thoroughly with a fork. Cover the bowl with a plate or cling film and leave for 10 minutes (so that the couscous steams and swells).
- 4** Once cooked. uncover the bowl and using a fork 'fluff' up the couscous to separate the grains.
- 5** Serve the couscous with chicken tagine, falafels and houmous or as part of a salad.