



## Rainbow Couscous Salad (serves 4)

Couscous is a great source of carbohydrate as well as providing some protein and fibre it is very low in fat.

### Ingredients:

boiling water  
**1 mug / 200g couscous**  
 2 medium tomatoes  
 2 spring onions  
 ½ cucumber  
 2 peppers  
**2 handfuls / 50 g raisins**  
 2 tblsp oil  
 1 tblsp lemon juice  
 ½ tsp chilli powder  
 1 handful fresh parsley

### Equipment:

chopping board  
 sharp knife  
 mixing bowl  
 mug  
 scissors  
 fork  
 tablespoon / teaspoon

### Instructions:

1. Place the couscous in a bowl and crumble over the stock cube, stir with a fork. Pour over boiling water from the kettle until approximately 1cm above the level of the couscous. Cover the bowl with cling film and set aside
2. Chop the tomatoes, cucumber, peppers and spring onions into bite sized pieces
3. Finely chop the parsley in a cup with scissors
4. Measure the oil, lemon juice and chilli powder into a large mixing bowl and whisk together with the fork to form a dressing
5. Once the couscous has absorbed all the water, remove the cling film and fluff the grains with a fork
6. Combine all of the prepared ingredients in the mixing bowl and then serve



Skills used:  
 Measuring, slicing, mixing and serving

**ALLERGENS HIGHLIGHTED IN BOLD**