



MOROCCAN COUSCOUS



Equipment – chopping board, chef's knife, measuring jug, measuring spoons, mixing bowl, fork, baking tray – lined with foil

Working in pairs

Ingredients –

¼ red pepper
¼ yellow pepper
½ small red onion
½ tsp. cumin
½ tsp. coriander
1 tbsp. chickpeas
50g cous cous
½ vegetable stock cube
100ml. boiling water
Squirt of lemon juice
3 dried apricots

Method –

- 1 Preheat** oven on 180°C.
- 2 Dice** the peppers.
- 3 Peel** and dice the onion.
- 4 Put** peppers and onions onto the baking tray.
- 5 Sprinkle** with cumin and coriander, **season** with salt and pepper and **drizzle** with oil.
- 6 Place** into the oven for 15 minutes (so the vegetables are just cooked and not too crunchy)
- 7 Break** up stock cube then **measure** the boiling water into the jug and mix.
- 8 Chop** the apricots finely.
- 9 Pour** onto the couscous and cover with cling film for 10 minutes.
- 10 Fork** the couscous into the mixing bowl, add the cooked vegetables, chickpeas and apricots.
- 11 Taste** - add salt and pepper and lemon juice.

12 Divide equally into each container.

Nutrition

Couscous- high in carbohydrates and protein.

Onions- vitamin c.

Apricots- vitamin A.

Modification for a Healthy Diet

Use low fat spray instead of oil. Add green leafy vegetables.