Rainbow couscous

Couscous is the most popular dish in North Africa and a good source of fibre. Cucumber contains plenty of the Vitamin K we need and citrus fruits, like lemon, are full of Vitamin C. This healthy, fibre rich dish is quick and easy to make using a kettle!

Makes: 10 snack sized portions • Preparation time: 15 mins

Ingredients

- 500ml boiling water
- 1 vegetable stock cube (optional & may contain gluten)
- 1 lemon
- 500g bag wholemeal couscous
- 2 tsp cumin and seasonings of choice
- 1 tbsp dried/fresh mixed herbs (basil, parsley, mint, coriander)
- 2 red peppers
- 1 cucumber
- 1 can sweetcorn, drained
- 1 spring onion (optional)

Method

1. Make up the stock. Add the couscous to the bowl and carefully pour over the stock. You need to cover the couscous completely so boil more water if necessary.
2. Add the cumin/ seasonings and, using the fork, stir the couscous and leave to stand for 5 minutes with a plate on top to keep the steam in.
3. Chop the pepper, cucumber and spring onion into small pieces.
4. Once the couscous has absorbed all of the water, fluff up with a fork.
5. Add the lemon juice, dried herbs and chopped veg to the couscous.
6. Give everything a really good stir and serve.

Equipment

- Sharp knife
- Chopping board
- Scissors
- Mixing bowl
- Kettle
- Fork

Top tips

- Make it Moroccan by adding roasted vegetables (like pepper/courgette/red onion) and spices
- Adding 1 tsp ras el hanout to the roast vegetables is a simple way to spice up the couscous