

## Vegetable couscous

### Ingredients

360ml water, boiling  
1 stock cube  
200g couscous  
1 red onion  
1 red pepper  
50g almond flakes, toasted  
50g raisins  
100g chickpeas, canned  
2 x 15ml spoons parsley, chopped

### Equipment

Kettle, measuring jug, spoon, large bowl, fork, chopping board, knife, can opener.



### Method

1. Make up the stock: dissolve the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Chop the onion and red pepper.
5. Toast the almonds (under a hot grill).
6. Drain the chickpeas.
7. Mix the onion, pepper, raisins, almonds and chickpeas with the couscous.
8. Sprinkle the parsley on top to serve.

### Tips

- \* Vary the vegetables in the couscous dish, e.g. celery, spring onion, sweetcorn, peas, olives, mushrooms.
- \* Replace the chickpeas with chopped cooked chicken, ham, tuna or chunks of feta cheese.
- \* Omit the almonds and raisins, if desired. You could add chopped apricots.