

KALEIDOSCOPE COUSCOUS

Makes 4 servings



INGREDIENTS	EQUIPMENT
250g couscous 1 dessertspoon bouillon powder 300ml boiling water 1tablespoon olive oil 1/4 red pepper – deseeded and chopped 1/4 green pepper – deseeded and chopped 1/4 yellow or orange pepper – deseeded and chopped 4 spring onions – finely sliced 4 tablespoons canned sweetcorn niblets – drained 8 cherry tomatoes – cut into quarters 1 tablespoon mint – finely chopped ground black pepper to taste juice of 1 lemon	mixing bowl measuring jug saucepan dessertspoon teaspoon tablespoon fork plate chopping board sharp knife serving bowl

METHOD

1. Place the couscous in the mixing bowl.
2. Measure the boiling water, olive oil and bouillon powder into a jug. Stir to dissolve.
3. Pour all the stock on to the couscous and quickly stir with a fork. Cover the bowl and set it aside for 10 - 15 minutes.
4. Uncover the bowl. Using the fork, separate the grains and allow the couscous to cool.
5. When the couscous is cold, stir in the prepared vegetables, the mint and lemon juice and season with pepper. Spoon the Kaleidoscope Couscous into a serving bowl.

RECIPE NOTES AND TIPS

- Use a reduced salt bouillion powder.
- A great salad for a healthy lunchbox – keep it in an insulated cool bag with ice pack.
- Raid the fridge and use up suitable leftovers in this salad, for example cooked roast chicken.

ALLERGY AWARE

This recipe contains:

- Gluten (couscous)

Per 251g serving

ENERGY

922kJ / 218kcal

11%

LOW

FAT

4.5g

6%

LOW

SATURATES

0.5g

3%

LOW

SUGARS

3.1g

3%

LOW

SALT

0.8g

13%

% of an adult's reference intake

Typical values per 100g : Energy 367kJ / 87kcal

359 Kaleidoscope Couscous

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (251g)
Energy	367kJ / 87kcal	922kJ / 218kcal
Protein	2.4g	6.0g
Carbohydrate (of which sugars)	14.9g (1.2g)	37.5g (3.1g)
Fat (of which saturates)	1.8g (0.2g)	4.5g (0.5g)
Fibre	0.8g	2.0g
Salt	0.3g	0.8g