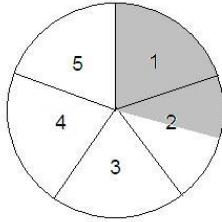


Cous Cous Salad

Serves 4

Portions of fruit & vegetables per serving: 1½



Hob needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

May contain milk,
celery and soya

Ingredients	Amount	Preparation
vegetable oil	1 dessertspoon	
sweet peppers	1 medium	cut into little cubes
courgette	1 medium	cut into little cubes
tomato	1 medium	cut into little cubes
onion	1 small	cut into little cubes
water	300ml (10fl oz)	
vegetable stock cube	1 cube	crumbled into pan
turmeric powder	½ teaspoon	
cous cous	110g (4oz)	
lemon juice	1½ teaspoons	
mozzarella cheese (optional)	150g (1 ball)	grated or crumbled
fresh coriander (optional)	handful	finely chopped

Please Turn Over



Method

- 1 Heat the oil in a pan, add the sweet pepper, courgette, tomato and onion and cook for 3-4 minutes.
- 2 Add the water, vegetable stock cube and the turmeric to the vegetables and bring to the boil.
- 3 Add the cous cous to the pan and mix well.
- 4 Now turn off the heat and leave for 10 minutes, with the lid on the pan, until all the water has been absorbed.
- 5 Finish off by adding the lemon juice and mozzarella cheese if using and garnish with fresh coriander (optional)
- 6 This dish can be served warm or cold.

205 Calories		Per serving
Fat	MEDIUM	10g
Saturates	MEDIUM	5.5g
Sugars	LOW	4.6g
Salt	MEDIUM	1.0g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Great instead of pasta or rice, as a side dish with meat or fish.
- Also great as a snack or in your lunchbox.
- Try using different vegetables or fruits e.g. ready to eat apricots, black seedless grapes and dried parsley for a different taste.
- You don't need to use extra salt because vegetable stock is high in salt. Too much salt is not good for your health.
- Adding mozzarella is optional and will increase the fat and salt content of this dish.

