



## RAINBOW COUS-COUS SALAD – SERVES 4-6



Colourful and crisp, couscous salad is quick and simple to make. Delicious served with grilled chicken or fish for an easy summer meal.

### INGREDIENTS

200g couscous  
220ml boiling water  
1 red pepper  
½ small cucumber  
1 apple  
80g raisins  
½ bunch mint  
1 small lemon  
1 small orange  
1 tbsp olive oil

### ALLERGENS

Contains gluten

### DIETARY COMPONENTS

Choosing wholegrain foods typically provides you with more vitamins, minerals and fibre per serving than refined grains. Couscous is a wholegrain food and a good source of B vitamins, needed to keep you healthy.

### EQUIPMENT

Weighing scales  
Mixing bowl  
Measuring jug  
Kettle  
Vegetable peeler  
Apple corer  
Measuring spoons  
Chopping board  
Plastic spoon  
Fork  
Knife  
Juicer

### METHOD

1. Weigh the couscous into a mixing bowl.
2. Measure 220ml boiling water into a measuring jug then pour carefully over the couscous. Allow to stand for 10 minutes.
3. Meanwhile, de-seed the pepper and chop into cubes (about 1cm).
4. Peel, core and finely dice the apple.
5. Fluff the couscous with a fork and place to one side to cool.
6. Chop the cucumber into cubes of a similar size to the peppers.
7. Wash the fresh herbs then pat dry with kitchen towel. Finely chop.
8. Add the cucumber, pepper, apple, raisins and herbs to the couscous and combine.
9. Juice the orange and lemon and add to the couscous.
10. Finally add the olive oil, and mix well.