



Cous Cous salad



2 servings



25minutes

INGREDIENTS

50g couscous

Vegetable stock cube or 100ml boiling water

1 spring onion

1 tomato

½ pepper

2.5 cm piece cucumber

1 tablespoon sultanas

1 tablespoon salad dressing

EQUIPMENT

- Measuring Jug
- Sharp Knife
- Kettle
- Green chopping board
- Table Spoon (Tbsp)
- board

TIMEPLAN

Skills: Bridge and Claw knife skills, boiling a kettle, slicing, dicing, combining

1	Boil the kettle. Crumble the stock cube into a measuring jug and pour in boiling water to the 100ml mark. Stir with your spoon to dissolve the stock cube.	Be very careful when using the kettle not to burn yourself.
2	Put the couscous into the measuring jug so all of the cous cous is covered. Stir to mix well then leave to one side.	Cover all of the cous cous so it absorbs the water.
3	When the couscous has absorbed all the stock, fluff it up with the spoon to separate the grains.	
4	Trim and finely chop the spring onions. Finely chop the tomato. Finely chop the cucumber.	Use the bridge and claw method safely. Use a green chopping board.
5	Carefully mix in the vegetables and the sultanas (or other ingredients you are using).	
6	Add the salad dressing and stir carefully until all the ingredients are well coated with the salad dressing.	



**CHEL TENHAM
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Food Preparation and Nutrition

