



KALEIDOSCOPE COUSCOUS

This recipe serves 4 - 6

INGREDIENTS

- 200g couscous
- 1 dessertspoon bouillon powder
- 250ml boiling water
- ground black pepper to taste
- $\frac{1}{4}$ red pepper - deseeded and chopped
- $\frac{1}{4}$ green pepper - deseeded and chopped
- $\frac{1}{4}$ yellow or orange pepper - deseeded and chopped
- 4 spring onions - finely sliced
- 4 tablespoons canned sweetcorn niblets - drained
- 3 - 4 cherry tomatoes - cut into quarters
- 1 tablespoon mint - finely chopped
- 1 tablespoon olive oil

HOW TO MAKE IT

1. Place the couscous in the mixing bowl with the bouillon powder.
2. Measure the water, put it in the saucepan and bring it to fast-boiling point.
3. Pour all the boiling water on to the couscous and quickly stir the couscous with a fork. Season with pepper. Cover the bowl with the plate and set it aside for 10 - 15 minutes.
4. Remove the plate. Using the fork, separate the grains and allow the couscous to cool.

EQUIPMENT

- mixing bowl
- measuring jug
- saucepan
- dessertspoon
- teaspoon
- tablespoon
- fork
- plate
- chopping board
- sharp knife
- serving bowl

5. When the couscous is cold, stir in the olive oil, the prepared vegetables and the mint. Spoon the Kaleidoscope Couscous into a serving bowl.