



Recipe

Vegetable Couscous

Ingredients

- 300g couscous
- 1tbsp. curry powder (optional)
- 1 low salt veg or chicken stock cube
- Coriander (fresh optional)
- 50g Sultanas
- Cucumber sliced and diced
- ¼ of a red, yellow and green pepper sliced and diced
- 5 cherry tomatoes halved
- 1 spring onion, sliced
- ¼ celery thinly sliced
- 2tbsp. olive oil
- Black pepper
- Chilli flakes [Optional]

Step 1

Place the couscous in a large mixing bowl. Crumble stock cube into 400ml boiling water and pour over the couscous Add 50g of sultanas and stir through.

Step 2

Cover the dish tightly with cling film and allow standing for 10 minutes.
Mix the oil and the curry powder and set to one side.

Step 3

Prep the vegetables.

Fluff up the couscous with a fork, separating the grains and add the curry paste.
Add the vegetables to the couscous mix together and serve.