

Ingredients (serves 4)

- 175g of dried couscous
- Boiling water (approx. 250mls)
- 1 tsp vegetable stock granules
- 1 spring onion, finely chopped
- ½ red pepper, finely diced
- ½ orange pepper, finely diced
- 1 tomato, finely diced
- ½ cucumber, finely diced
- 1 tablespoon lemon juice
- 1 tablespoon extra virgin olive oil

Method

1. Pour the boiling water over the dried couscous
2. Sprinkle the vegetable stock into the couscous
3. Cover and stand for 5 minutes
4. After 5 minutes fluff up the couscous with a fork and leave to cool (water/stock should be fully absorbed)
5. When cooled, add the chopped vegetables, oil and lemon juice
6. Season to taste

Tips & Hints

- Add different vegetables to complement your meal
- Replace the vegetables with chopped oranges, dates, apricots and chick peas for a sweeter version
- Try spices such as ginger and coriander for a more Moorish version