

7

Rainbow salad

Ingredients

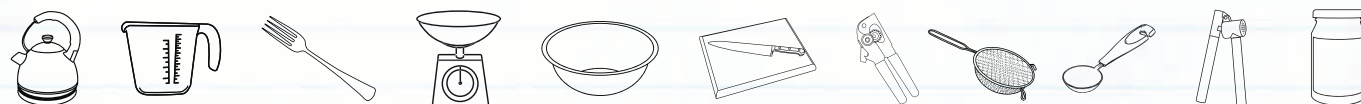
Serves 4

- 250ml water, boiling
- 1 x vegetable stock cube (reduced salt)
- 200g couscous
- ½ red pepper
- ¼ green pepper
- ¼ orange pepper
- 2 tomatoes
- 4 spring onions
- 200g canned sweetcorn

Dressing:

- 2 x 15ml spoons olive oil
- 1 x 15ml spoon lemon juice
- 1 x 15ml spoon fresh coriander or parsley
- Pinch of black pepper
- 1 clove of garlic, crushed (optional)

Equipment



Method

1. Crumble the stock cube in the boiling water until it has dissolved. Take care.
2. Pour the stock over the couscous in the mixing bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Prepare the vegetables:
 - slice the red, green and orange peppers thinly (remove any stalk and seeds);
 - cut the tomatoes into quarters;
 - slice the spring onions.
5. Drain the canned sweetcorn in the sieve over the sink.
6. Add all the vegetables to the couscous.
7. Place all the dressing ingredients into a jar/container and shake.
8. Pour the dressing over the couscous and stir everything together.
9. Place in a serving bowl.

Something to try next time

- * Instead of couscous, use rice. Just boil until cooked and then cool down. You could also use different pasta shapes! Check the instructions on the packet.
- * Add dried fruit, such as chopped apricots, or different types of nuts and seeds.

Skills

- | | |
|----------------------------------|---|
| Using a Kettle. | ✓ |
| Preparing a range of vegetables. | ✓ |
| Draining. | ✓ |
| Making a dressing. | ✓ |
| Using the Kettle | ✓ |



EAT FOR HEALTH

- * These veggies give you plenty of vitamins - important for healthy skin.
- * Couscous is a good source of energy.
- * Choosing low-salt varieties of stock cube can help you cut down on salt.



TAKE CARE!

Make sure you've got an adult to help you use the Kettle safely.

