Shaker Salads

Rainbow Couscous

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Bright peppers add a rainbow of colours and a cool crunch to this tasty salad. Couscous is made from moistened semolina wheat. In supermarkets it is sold ready to cook, which means it has been steamed and dried before packaging.

UP TO 30 MINS

V

A! Wheat

Equipment

- Weighing scales
- Mixing bowl
- Measuring jug
- Kettle
- Wooden spoon
- Measuring spoons
- Large plate or clean tea towel
- Fork
- Colander
- Chopping board
- Sharp knife
- Can opener
- Sieve
- Mug
- Scissors
- Garlic crusher
- Small bowl
- Whisk
- Jar/container with tight fitting lid (optional)
- Serving bowl

Ingredients

Serves 4	**Serves 10**
200g couscous	500g couscous
250ml water	600ml water
Vegetable stock cube	2 vegetable stock cubes
½ red pepper	1 red pepper
¼ green pepper	1 green pepper
¼ orange pepper	1 orange pepper
2 tomatoes	4 tomatoes
3-4 spring onions	1 small bunch of spring onions
200g can sweetcorn	340g can sweetcorn
Dressing:	**Dressing:**
Fresh coriander or parsley	Fresh coriander or parsley
1 clove of garlic, crushed (optional)	2 cloves of garlic, crushed (optional)
75ml olive oil	150ml olive oil
2 x 15ml spoons lemon juice	60ml lemon juice
Black pepper	Black pepper
Red wine vinegar (optional)	Red wine vinegar (optional)

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Skills

Look at the Let's Get Cooking Skills chart to see which skills you have used today.
Skills used: 1, 4, 5, 6a, 7b, 7c, 7f, 8a, 8b, 9e, 9h, 9j, 15a.

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Method

1. Put the couscous in a bowl. Fill and boil the kettle.
2. Crumble the stock cube into the measuring jug. Add boiling water and stir with a wooden spoon until dissolved.
3. Pour the hot stock over the couscous and cover with the plate or tea towel. Leave to stand for 10 minutes.
4. Fluff the couscous with a fork. Add a little extra water if necessary. Allow to cool.
5. Wash and dry the vegetables.
6. De-seed the peppers and remove the core and any white pith. Chop into cubes (about 1.5cm).
7. Chop the tomatoes in similar size pieces as the pepper.
8. Slice the spring onions finely, discarding the root end.
9. Drain the sweetcorn and discard the liquid.
10. Add the chopped peppers, tomatoes, spring onions and sweetcorn to the couscous and mix well with a fork.
11. Put the coriander or parsley into a mug and finely chop with scissors.
12. Peel and crush the garlic, if you are using it.
13. Make the dressing by whisking the olive oil and lemon juice together in a small bowl (or shake together in a jar). Add the chopped coriander or parsley, crushed garlic and black pepper to taste. Whisk or shake again.
14. Pour the dressing over the couscous and mix well.
15. If you think your salad needs a bit more kick, add a little drizzle of red wine vinegar.

Top tip

Couscous works best with strong flavours, so make sure your dressing has plenty of flavour. You could add a 5ml spoon each of honey and mustard powder to the dressing quantities for 4 people.

Something to try next time

- Use cold water (or orange juice) to soak your couscous. Leave to soak for about 30 minutes.
- Try roasting the peppers (or other vegetables) to add even more flavour.
- Feta or griddled halloumi cheese help turn this salad into a more substantial dish. You could add meat or fish for non-vegetarians.
- Add nuts or seeds for more crunch and dried fruit for sweetness. Make sure you check for allergies.

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