

# EASY COUSCOUS SALAD

*No cooking involved to put together a simple and quick light lunch that provides some healthy fats (when seeds are added)*

## **Ingredients** (serves 1)

- 50g dried couscous (4 tablespoons)
- 100ml hot water
- $\frac{1}{2}$  green pepper or red pepper
- $\frac{1}{2}$  carrot diced or grated
- 1 spring onion chopped
- $\frac{1}{2}$  tomato diced into cubes
- 1 tablespoon of sweet corn (tinned or frozen)
- Sultanas or raisins (optional)
- Sunflower seeds (optional)

## **Dressing**

- 1 tablespoon of olive oil, 1 teaspoon of vinegar,  $\frac{1}{4}$  teaspoon of mustard,  $\frac{1}{2}$  teaspoon of honey

## **Equipment**

Mixing bowl, kettle, wooden spoon, small bowl, fork, tablespoon, teaspoon, knife, chopping board, and serving spoon.

## **Method**

1. Put couscous in a bowl and add boiling water sufficient to cover the couscous.
2. Place a lid over the dish and leave until water is fully covered.
3. Fluff up couscous with a fork.
4. Add 1 tablespoon of sweet corn.
5. Wash and cut pepper in half, de-seed and dice into small cubes.
6. Wash and peel a carrot and cut into strips and then smaller cube pieces.
7. Peel spring onion and chop into small pieces.
8. Cut tomatoes in half and cut into small cube pieces.
9. Add all diced vegetables to fluffed couscous and mix well.
10. Add and stir dressing of choice in with couscous.

## **Top Tips**

For a complete meal at home, *either* adds cubed cheese (vegetarian option) or shredded cooked chicken in the couscous salad.

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