



## Vegetable Couscous Salad

### Ingredients

175ml water, boiling  
1 vegetable stock cube  
100g couscous  
1 medium tomato  
1 spring onion  
½ cucumber  
½ yellow pepper  
4 dried apricots  
1 small bunch parsley

### Equipment

Kettle, measuring jug, measuring spoons, weighing scales, large bowl, fork, chopping board, knife, kitchen scissors, spoon, container.



### Method

1. Make up the stock by dissolving the stock cube in the boiling water. Add the dried apricots diced into small pieces

2. Pour the stock and apricots over the couscous in a large bowl.



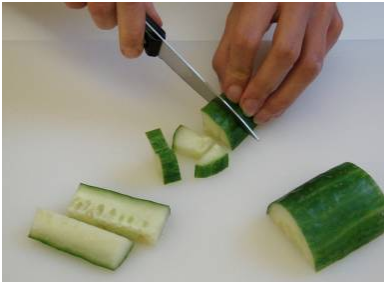
3. Stir with a fork and leave to stand for 5 minutes.



4. Chop the tomato into small chunks having taken out the core



4. Chop the tomato and cucumber into small chunks. You may peel and deseed the cucumber first.



5. Slice the pepper into small strips.



6. Chop parsley into small pieces.



7. Fluff up the couscous with a fork and then add all the vegetables and snip the spring onions into the bowl using the scissors.



8. Stir everything together.

9. When you get home you can stir in a dressing if you like