

Kettle Couscous

✓ Kettle only



Equipment:

- Bowl
- Small plate
- Spoon
- Mug

Ingredients for 2 portions:

- 1 mug of couscous
- 1 stock cube OR 2 tbsp. soya sauce
- 3 tbsp. tinned vegetables e.g. sweetcorn, olives
- Handful of seeds or nuts
- Lemon juice if available
- Olive oil if available
- Seasonings of your choice e.g. dried herbs, spices

Steps:

1. Boil the kettle.
2. Tip the couscous into the bowl. Cover with 2 mugs of boiling water and crumble in the stock cube – stir in.
3. Cover the bowl with a plate and leave for about 5 minutes or until the couscous is soft and has absorbed all the water.
4. Drain the tinned vegetables and add to the couscous along with any seasonings and nuts/seeds
5. Top with lemon and oil if available and enjoy!

- ✓ Halal
- ✓ Dairy-free
- ✓ Vegan

Kettle Couscous

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Equipment:

- Large bowl
- Plate
- Spoon
- Mug

Ingredients for 4 portions:

- 2 mugs of couscous
- 2 stock cubes OR 4 tbsp. soya sauce
- 6 tbsp. tinned vegetables e.g. sweetcorn, olives
- 2 handfuls of seeds or nuts
- Lemon juice if available
- Olive oil if available
- Seasonings of your choice e.g. dried herbs, spices

- ✓ Halal
- ✓ Dairy-free
- ✓ Vegan

Steps:

1. Boil the kettle.
2. Tip the couscous into the bowl. Cover with 4 mugs of boiling water and crumble in the stock cube – stir in.
3. Cover the bowl with a plate and leave for about 5 minutes or until the couscous is soft and has absorbed all the water.
4. Drain the tinned vegetables and add to the couscous along with any seasonings and nuts/seeds
5. Top with lemon and oil if available and enjoy!