

RAINBOW COUSCOUS SALAD



LOMA
UNDER
VISNING
OPSKRIFT

INGREDIENTS

250g couscous
1 dessertspoon bouillon powder
250g boiling water
1 tablespoon olive oil
¼ red pepper - deseeded
and chopped
¼ green pepper - deseeded
and chopped
¼ yellow pepper - deseeded
and chopped
¼ orange pepper
- deseeded and chopped
4 spring onions - finely sliced
4 tablespoon red kidney beans
- drained
4 cherry tomatoes - cut into
quarters
1 tablespoon mint - finely
chopped
juice of half a lemon
ground black pepper to taste

EQUIPMENT

mixing bowl
measuring jug
saucepan
dessertspoon
teaspoon
tablespoon
fork
plate
chopping board
sharp knife
serving bowl

METHOD

1. Place the couscous in the mixing bowl
2. Measure the boiling water, olive oil and bouillon powder into a jug.
Stir to dissolve
3. Pour all the stock on to the couscous and stir thoroughly with the fork.
Cover the bowl and set it aside for 10-15 minutes.
4. Uncover the bowl. Using the fork, separate the grains and allow the
couscous to cool.
5. When the couscous is cold, stir in the prepared vegetables, the mint
and the lemon juice. Season with pepper.
Spoon the rainbow Couscous into a serving bowl.

