

Carrot Couscous Salad

Couscous is quick and easy to make. This recipe uses carrots, raisins and orange juice to add extra flavour but you could add in a handful of your favourite cooked vegetables such as peas, sweetcorn, courgette or pepper.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (144g):

Energy 441kJ 105kcal 5%	Fat 1.1g 2%	Saturates 0.1g 1%	Sugars 12g 13%	Salt 0.33g 6%
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of an adult's reference intake.
Typical values per 100g: energy 306kJ/73kcal.

Equipment

Weighing scales
Kettle
Mixing bowl
Measuring jug
Colander
Sharp knife
Chopping board
Peeler
Grater
Juice squeezer
Clingfilm
Scissors (optional)

Ingredients

Serves 4–6 as a side dish
1 reduced-salt vegetable stock cube
200ml boiling water
150g couscous
3 carrots
50g raisins
1 large orange
Small bunch fresh coriander

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Measure 200ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
2. Put the couscous in a bowl, cover with the stock and leave to soak. (It will say on the packet how long to soak for).
3. Wash, top and tail, then grate the carrots.
4. Add the grated carrot and raisins to the couscous. Stir well.
5. Halve the orange and squeeze out the juice. Stir the orange juice into the couscous.
6. Cover the bowl with cling film and chill in the fridge for at least half an hour.
7. When you are ready to serve the couscous, stir in a handful of chopped fresh coriander.

Top Tip

- Add some chopped chives if you have them.

Something to try next time

- Replace the raisins with 50g of finely chopped black olives.

Skills used include:

Weighing, measuring, peeling, chopping, grating, squeezing, mixing/combining and boiling.

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