

Herbed couscous

(find out what couscous is)

Ingredients

1 cup of couscous

From our garden: spring onions and any seasonal herbs.

Optional: sultanas, dried apricots and at home you can add any leftover cooked vegies, meat, chicken, crispy cooked bacon or anything else you like.

Method

With your fantastic parent or grandparent volunteer helper, read the instructions about how to prepare the couscous.

***The couscous needs boiling water....so your volunteer will use the kettle....which will be very HOT.

Make sure your hands are behind your back and you are not standing too close.

While the couscous is 'cooking', which will take 5 minutes, you need to prepare the herbs.

Wash and dry the herbs.

Being very careful and using the very sharp scissors, cut the herbs into small pieces.

Using a knife, cut the spring onions into small pieces.

Divide the couscous into 4 medium sized bowls.

Divide the herbs and spring onions evenly and add to couscous.

Choose 1 or more ingredients from the optional list to add to the couscous.