

Difficulty:
Easy



Vegetable cous cous

Time:
20 minutes



Allergens: Gluten

What is it?

A super simple dish that can be eaten hot or cold and can be used instead of rice!

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Onion	1/2	1/2	1
Garlic cloves	1	1	2
Courgette	1/2	1/2	1
Pepper	1/2	1/2	1
Green beans	25g	25g	50g
Vegetable stock	250ml	250ml	500ml
Cous cous	125g	125g	250g

AVERAGE COST
PER PERSON
£0.49

Kit list:

- Kettle
- Bowl
- Fork
- Large frypan

Make it your own!

You can really add any vegetables you want to this and even use this as a side for a curry as an alternative to rice yum !!

Celebrate Family
Food

Charity no.
1125784



What to do:

Step 1: Dissolve stock cubes in boiling water and place cous cous in a bowl, pour the stock over the cous cous stir and cover then leave to one side.



Step 2: Chop your vegetables to your preferred size and stir fry with garlic and some pepper.



Step 3: Once the stock has been absorbed into the cous cous fluff it with a fork then add it to the vegetable and stirfry for a couple of minutes then serve .



What did you think of this recipe? Colour in the stars to give it a rating!

