**Vegetable couscous**

**Ingredients**
360ml water, boiling
1 stock cube
200g couscous
1 red onion
1 red pepper
50g almond flakes, toasted
50g raisins
100g chickpeas, canned
2 x 15ml spoons parsley, chopped

**Equipment**
Kettle, measuring jug, spoon, large bowl, fork, chopping board, knife, can opener.

**Method**
1. Make up the stock: dissolve the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Chop the onion and red pepper.
5. Toast the almonds (under a hot gill).
6. Drain the chickpeas.
7. Mix the onion, pepper, raisins, almonds and chickpeas with the couscous.
8. Sprinkle the parsley on top to serve.

**Tips**
* Vary the vegetables in the couscous dish, e.g. celery, spring onion, sweetcorn, peas, olives, mushrooms.
* Replace the chickpeas with chopped cooked chicken, ham, tuna or chunks of feta cheese.
* Omit the almonds and raisins, if desires. You could add chopped apricots.

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