

Ingredients

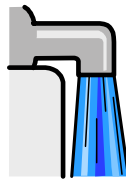


250

ml



boiling



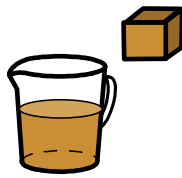
water

1



1

vegetable



stock cube

200



200

grams

cous

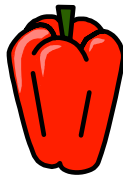
cous

$\frac{1}{4}$

1/4



red



pepper

$\frac{1}{4}$

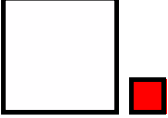

1/4

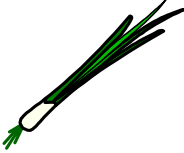



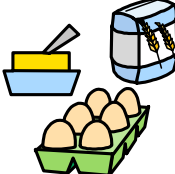
green

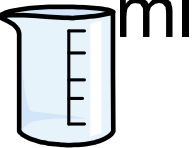



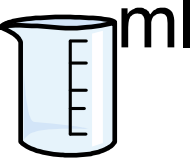


pepper

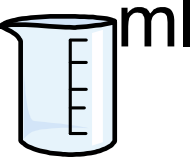

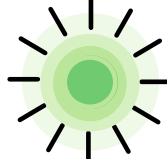

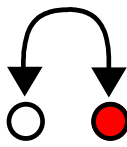
2   ++
2 small tomatoes

4  ++
4 spring onions

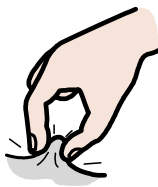

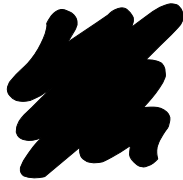

 
Dressing ingredients

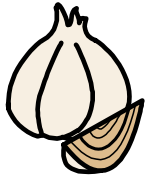
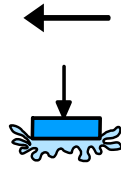
2 X 15  ml 
2 x 15 ml olive oil

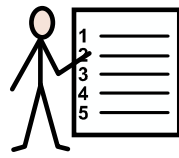
15  ml  
15 ml spoon lemon juice

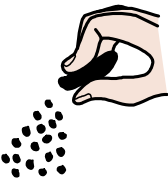

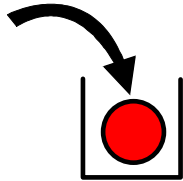

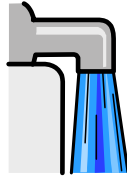

15  ml    
15 ml spoon fresh coriander or



parsley

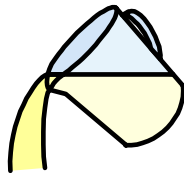

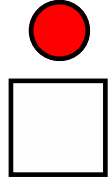


   
pinch of black pepper

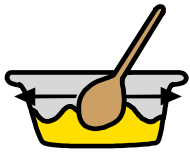


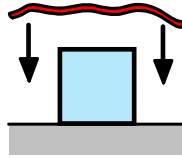


1  
1 garlic clove crushed


METHOD

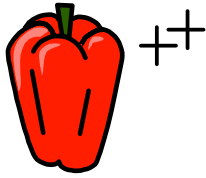
1      
1. Crumble stock cube into boiling water and


stir

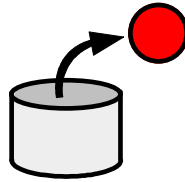
2     
2. Pour stock over couscous in the

     
mixing bowl and cover with cling film.

3

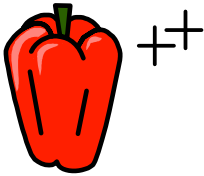
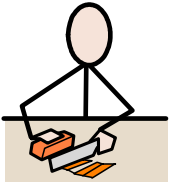


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3. Wash peppers and remove seeds -

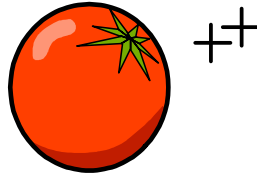
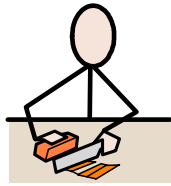


chop peppers

4



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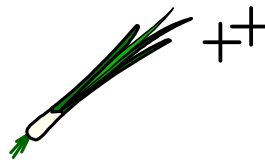
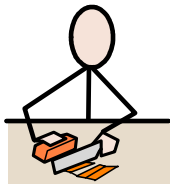


4. Wash and chop tomatoes

5

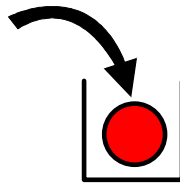
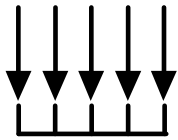


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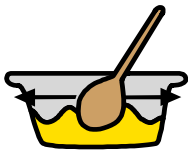
5. wash and chop spring onions

6



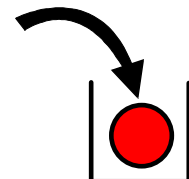
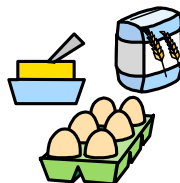
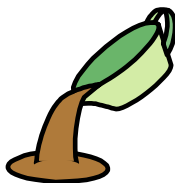
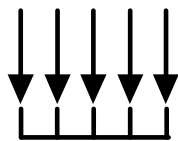
6. Add all vegetables into the couscous

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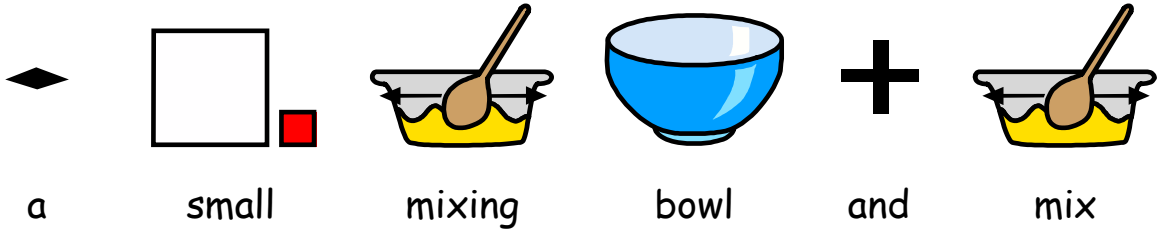


and mix

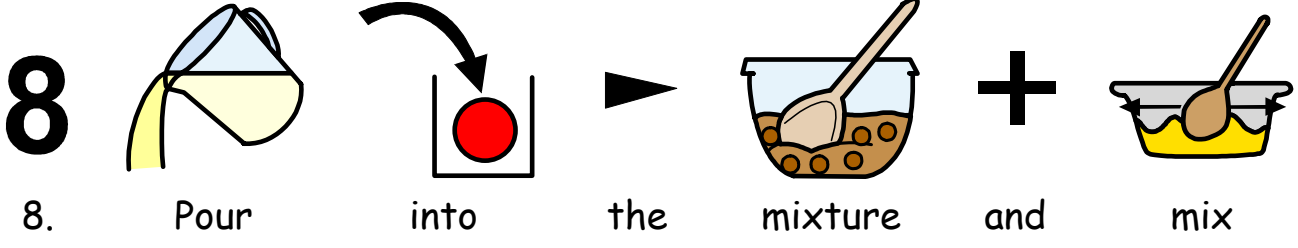
7



7. Place all dressing ingredients into



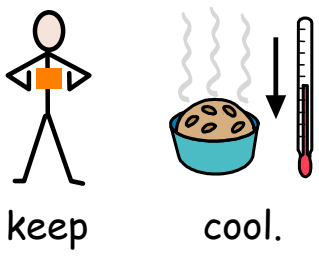
a small mixing bowl and mix



8. Pour into the mixture and mix



9. Serve or place in fridge to



keep cool.

