

Couscous in a Jar

Ingredients

- 80g plain couscous
- 1 medium sized fresh tomato
- 50g cucumber
- 1 small can chickpeas
- ½ an apple
- 1 teaspoon balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon parsley or basil or mint
- 1 fresh orange



Method

1. Prepare the couscous according to the instructions on the packet.
2. Wash and chop the herbs. Mix with the couscous.
3. Wash and dice the apple, tomato and cucumber.
4. Drain and rinse the chickpeas.
5. Prepare the dressing by squeezing the orange and mixing in the balsamic vinegar and olive oil.
6. Layer the ingredients in a jar. When all the ingredients are used, pour in the dressing.

Variations

- Vary the vegetables in the couscous dish, e.g. use celery, sweetcorn, peas, olives or mushrooms.
- Try adding some chopped cooked chicken, tuna or chunks of feta cheese.
- Use flaked almonds, dried apricots or raisins instead of the apple.

Food skills

Weighing, measuring, chopping, draining, mixing and washing up.

Equipment needed

- 2 plates
- Kettle
- Measuring jug
- Colander
- Measuring spoons
- Kitchen scales
- 2 small bowls
- Table fork
- Chopping board
- Chopping knife
- Can opener
- Tablespoon
- Orange squeezer