

# COUSCOUS SALAD

## Utensils and equipment

\* Chopping board



\* Grater



\* Chopping knife



\* Peeler



\* Mixing bowl



\* Serving plate



\* Tablespoon



\* Colander



\* Can opener



\* Electric kettle



# Ingredients

80g wholemeal couscous



60g tuna in sunflower oil



25g red kidney beans



1 tomato



50g cucumber



1 small carrot



2 tbsp peas



2 tbsp sweet corn



1 tbsp parsley



1 tbsp sliced olives



1 tbsp capers



1 tbsp extra virgin olive oil



Ground black pepper



**Preparation time: 20 minutes**

**Serves: 1**

# Method

1. Prepare the couscous according to the instruction on the packet.



2. Drain the tuna. Wash and drain the kidney beans.



3. Peel, wash and grate the carrot.



4. Wash and chop the tomatoes, cucumber and parsley.



5. Add all the ingredients to the couscous and mix well. Season with pepper and olive oil.

