

Learning to extend range of ingredients prepared
Intentions:	... to use electrical equipment and hob safely

Sweet Pepper Couscous

Ingredients

100g couscous
 300ml vegetable stock
 15ml cooking oil
 ¼ red onion - chopped or sliced
 ¼ red pepper - de-seeded and chopped
 ¼ yellow pepper - de-seeded and chopped
 50g baby corn - sliced
 1 clove garlic - chopped finely
 seasoning
 a few chives - chopped

large bowl large measuring jug frying pan pot stand wooden spatula cup chopping board chef knife fork paper towel scissors (between 2)
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Method

1. Make up stock with 300ml from boiling kettle in large measuring jug.
2. Collect equipment and ingredients. Put 15ml oil into frying pan.
3. Prepare all vegetables as above.
4. Place the couscous in a large bowl and pour over 300ml boiling stock. Leave to stand for 5 minutes or until the grains have absorbed all the water. Fork over to separate the grains.
5. Heat oil in a frying pan. Fry the vegetables gently until soft.
6. Add vegetable mixture into cous cous and stir in using a fork.
7. Use scissors to chop chives into cous cous mixture. Stir and taste.
8. Season if required. Serve.

Storage	Refrigerate once cool. Store for 24 hours. Eat cold.
Reheat	Microwave for 1½- 2 minutes until piping hot throughout.