



**SIL
School
Food**

School Improvement
Liverpool

Rainbow couscous

Ingredients (Serves 4)

- 200g couscous
- 1 orange pepper
- 1 punnet cherry tomatoes
- 1 bunch spring onions
- 1 tin sweetcorn
- 2 pickled/steamed beetroot
- Handful fresh herbs
- 1 tbsp. lemon juice
- 1 tbsp. olive oil

Equipment

- Knife
- Chopping board
- Scissors
- Salad bowl
- Small bowl
- Tablespoon

Method

1. Prepare the couscous as directed on the packet. Fluff it with a fork and leave to cool in a salad bowl.
2. Prepare the pepper, tomatoes and spring onions into small pieces.
3. Chop the beetroot last so everything doesn't turn purple! (make it nice and small)
4. Drain the sweetcorn and add the all the chopped vegetables to the couscous.
5. To make the dressing; put the snipped fresh herbs, oil and lemon juice into a small bowl and mix well.
6. Pour over the couscous and mix to combine ingredients.
7. Enjoy your lovely rainbow couscous salad!

