

Savoury Couscous

Serves 6

INGREDIENTS

- 210g couscous
- 240ml vegetable stock
- 60g sultanas
- 1 tsp sunflower oil
- 1 tsp lemon juice
- 60g peppers, diced
- 60g sweetcorn, tinned
- Small sprig of parsley or mint



Make this the evening before for a delicious, healthy lunch.

METHOD

1. Place couscous in a large bowl.
2. Mix the vegetable stock with boiling water.
3. Add the vegetable stock to the bowl of couscous.
4. Add the sunflower oil and lemon juice and leave for 15 minutes.
5. Add peppers, sweetcorn and sultanas.

Serving Suggestion - serve with our vegetable tagine and garnish with mint or parsley.