

# Cous cous & vegetables

## Recipe

- 1 courgette
- 1 pepper
- 2 medium tomatoes
- 1 onion
- 1 packet of cous cous (any flavour)

Container to take dish home in

## Equipment to get out at school

Chopping board  
Vegetable knife  
Measuring jug  
Table spoon

Eat hot or cold. Think about adding other ingredients such as sun dried tomatoes, toasted pine nuts, fresh basil.

## Method

- Collect equipment
- Light the oven at gas 7 or 220 degrees C
- Chop the vegetables into chunks.
- Place the vegetables into a roasting tin and lightly coat in oil (1 tablespoon)
- Roast in the oven for 30 minutes until soft.
- Make up the cous cous following the instructions on the packet. Wash and put away the equipment.
- Combine the vegetables and the cous cous in your container.
- Wash up.

