

# Lunchbox Laughter

## Cool Couscous



### Greek Style Couscous

#### Ingredients

1 courgette (chopped)  
1 red pepper (chopped)  
300g couscous  
Low salt vegetable stock  
1 lime (juice only)  
100g feta cheese (cubed)  
Handful fresh parsley or mint (chopped)  
Olive oil

#### Equipment

Chopping board  
Knife  
Hob  
Saucepan  
Frying pan

#### Method

1. Cook the couscous in the vegetable stock according to the packet instructions
2. Gently fry the courgette and red pepper in olive oil until softened
3. Mix together all ingredients and chill until use

### Tomato Couscous

#### Ingredients

1 red onion (chopped)  
Low salt vegetable stock  
1 clove garlic (crushed)  
300g couscous  
1 beef tomato (chopped)  
Handful basil (chopped)  
Olive oil

#### Equipment

Chopping board  
Knife  
Hob  
Saucepan

#### Method

1. Cook the couscous in the vegetable stock according to the packet instructions
2. Fry the onion and garlic until soft and slightly browned
3. Stir in the tomato and basil
4. Cover and chill until use

### Herby Couscous

#### Ingredients

Bunch parsley (chopped)  
Bunch mint (chopped)  
1 unwaxed lime  
2 spring onions (chopped)  
200g couscous  
Low salt vegetable stock  
3 tablespoons sunflower seeds (toasted)  
100g halloumi (grilled)

#### Equipment

Chopping board  
Knife  
Hob  
Saucepan  
Grill

#### Method

1. Cook the couscous in the vegetable stock according to the packet instructions
2. Combine with the parsley, mint, spring onions, halloumi and sunflower seeds
3. Squeeze in the lime juice and add zest (if liked)