

## Couscous with Carrots

**Season:** Summer

**Type:** Main

**Serves:** 32 tastings

**From the garden:** Carrot

**Class focus:** Fluff couscous & grating carrots



<b>Equipment:</b>	<b>Ingredients:</b>
<p>Large mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 1 Whisk x 1 Grater x 2 Sieve x 1 Chopping boards and knives Measuring cups Measuring spoons Fork x 1 Serving plate x 1 (to cover couscous) Serving bowl x 5 Serving spoon x 5</p>	<p>2 cups couscous ½ cup sultanas ¾ teaspoon salt 2 cups boiling water (from kettle)</p> <p>3 carrots (skin-on, roughly grated) 1 can chickpea (drained &amp; rinsed)</p> <p><i>Dressing:</i> 2 tablespoons olive oil 1 tablespoon honey 1 tablespoon white wine vinegar ¼ teaspoon salt 10 grinds of pepper</p>

### What to do:

1. Wash the vegetable.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the first 4 ingredients in a large mixing bowl, cover with a serving plate and set aside for 5 minutes.
4. Combine all the dressing ingredients in a small mixing bowl, set aside.
5. Fluff couscous with a fork, add the carrots, chickpeas and dressing, mix gently.
6. Serve into 5 serving bowls with a serving spoon in each.