

## Cucumber, Peas & Basil Couscous

**Season:** Autumn

**Type:** Main

**Serves:** 28 tastings

**From the garden:** Basil & cucumber



**Class focus:** Fluff couscous, cutting cucumber & chopping herb

<b>Equipment:</b>	<b>Ingredients:</b>
<p>Large mixing bowl x 1 Small mixing bowl x 1 Small saucepan x 1 Sieve x 1 Wooden spoon x 1 Whisk 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 ¾ teaspoon salt 2 cups boiling water (from kettle)  1 ½ cups frozen peas (see below instructions)  1 cucumber (skin on, cubed – 1cm)  <i>Dressing:</i> 2 tablespoons olive oil 1 tablespoon honey 1 tablespoon white wine vinegar 3 sprigs basil (leaves only, finely chopped) ¼ teaspoon salt 10 grinds of pepper</p>

### What to do:

1. Wash all the vegetable and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put couscous, salt and water in a large mixing bowl, cover and set aside for 5 minutes.
4. Meanwhile, boil frozen peas in a small saucepan filled with hot water from the kettle for 2 minutes.
5. Remove from the heat and drain the peas.
6. Combine all the dressing ingredients in a small mixing bowl.
7. Fluff couscous with a fork, add peas, cucumber and dressing, mix gently.
8. Serve into 5 serving bowls with a serving spoon in each.